

Sheet Pan Dinner

Ingredients:

- Food Lover's Market green beans
- 2 Food Lover's Market red peppers
- 2 Food Lover's Market mielies
- Food Lover's Market pork rashers
- Food Lover's Market extra virgin olive oil
- Food Lover's Market potjie potatoes
- S& pepper
- Butter
- Food Lover's Market sweet BBQ sauce
- Fresh thyme
- 3/4 cup flour
- 4 cups milk

Directions:

1. Slice the ends off of the green beans.
2. Roughly chop the red peppers.
3. Wrap each mielie in tinfoil.
4. Coat the baking tray with a generous amount of extra virgin olive oil.
5. Stack the potjie potatoes into two pyramids in two corners of the tray.
6. Bake the potatoes for 20 minutes at 180°C. Once baked place the pork rashers onto the tray.
7. Drizzle the rashers with olive oil as well as season with salt and pepper. Place both the mielies wrapped in tinfoil onto the tray, topped with a square of butter and bake for 15 minutes at 180°C.
8. Place the green beans and red peppers onto the tray. Baste the pork rashers with BBQ sauce and place a sprig of fresh thyme on each rasher. Season the ingredients with an extra drizzle of olive oil, salt and pepper before baking for an additional 10 minutes at 180°C.
9. Remove all of the ingredients from the tray, add flour and milk to the tray stirring continuously until the sauce is smooth.
10. Serve all of the ingredients with the gravy and enjoy.