

Pulled Pork, Jacket Potatoes, Salad

Ingredients

- 4 large potatoes
 - 1 tbsp oil
 - 1 tsp salt
 - 1 tsp pepper
- 400g leftover pork
- 1 bottle BBQ sauce
 - Bag of salad

Methods

Let's make the pulled pork:

1. Shred the leftover pork using two forks.
2. Add the shredded pork to a pot with the BBQ sauce and gently heat through.

Let's make the baked potatoes:

1. Prick the potatoes with a fork.
2. Mix the oil, salt, and pepper. Rub the potatoes with the seasoned oil.
3. Cut the potatoes in half and spoon the pulled pork over them.

4. Serve with the salad.

How to microwave:

Place the potato on a microwave-safe plate and microwave for 7 minutes, turning over halfway through cooking. If not fork-tender after 7 minutes, continue microwaving in 1-minute increments. Let rest for 2 minutes.

How to air fry:

Arrange the potatoes in a single layer in an air fryer basket. Set the air fryer to 200°C and cook for 40-50 minutes, or until a sharp knife goes through the potatoes easily. Check after 20 minutes, turn them over if browning too quickly, and check again after another 20 minutes.

How to slow cook:

Put the potatoes into the slow cooker, cover with the lid. Cook on high for 4 ½ to 5 hrs or on low for 7 ½ to 8 hrs.

How to oven cook:

Preheat the oven to 220°C or gas mark 7. Place on the top shelf and bake for 20 minutes, then reduce the oven to 190°C, gas mark 5, and bake for 45 minutes to 1 hr more until the skin is crisp and the inside is soft.