

# Baked sweet potatoes with pulled pork

- **Gluten-free**
- **Nut-free**
- **Peanut-free**
- **Sesame-free**
- **Wheat-free**
- **Shellfish-free**
- **No added sugar**
- **High in Protein**
- **3 serve Veg or Fruit**
- **Weight loss**

Complete with slaw and sour cream, turn these loaded sweet potatoes into a meal by topping them with tender pulled pork.

- Serves 6
- Cooktime 1 hr 1 hour
- Preptime 10 mins

## Ingredients

- 6 small gold sweet potatoes
- 480g pkt Coles Made Easy Slow Cooked Pork Shoulder with Apple & BBQ Sauce
- 350g pkt Coles Kitchen Coleslaw Mix
- 1/4 cup (75g) mayonnaise
- 2 tbs buttermilk
- 1/4 cup finely chopped chives
- Sour cream, to serve

## Nutritional information

Per serve: Energy: 1555kJ/372 Cals (18%), Protein: 23g (46%), Fat: 16g (23%), Sat Fat: 4g (17%), Sodium: 661mg (33%), Carb: 27g (9%), Sugar: 9g (10%), Dietary Fibre: 3g (10%). Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## Method

### **1. Step 1**

Preheat oven to 180°C. Use a fork to prick each sweet potato all over. Wrap in foil. Place on a large baking tray and bake for 1 hour or until very tender.

### **2. Step 2**

Meanwhile, heat the pork following packet directions. Use 2 forks to shred.

### **3. Step 3**

Combine the coleslaw mix with the mayonnaise, buttermilk and half the chives in a bowl. Season.

### **4. Step 4**

Unwrap sweet potatoes and place on serving plates. Cut a slit lengthways in the top of each potato and squeeze the base to open slightly. Spoon coleslaw mixture among potatoes. Top with pork and sour cream. Sprinkle with remaining chives.