

# Adele Nicoll



Photo: Gary Mitchell

**From:**  
Welsphool

**Event:**  
Shot put

**Coach:**  
Ryan Spencer-Jones

**Club:**  
Birchfield Harriers

Adele Nicoll competing in the shot put at the Birmingham 2022 Commonwealth Games.

In 2022 Adele represented Britain in the bobsleigh at the Winter Olympics in Beijing, she then went on to compete in the shot put at the Birmingham 2022 Commonwealth Games.

"I've won a silver medal in bobsleigh at the World Cup and I've been to an Olympic Games but one of my proudest moments has got to be that day when I first threw the Commonwealth Games A standard for shot put"

Adele is aiming to make a return to the Winter Olympics in 2026.

Burgers are one of the first things my Dad taught me how to cook. They're so much fun to make from scratch and can have great nutritional value, combining good quality meat such as Welsh Lamb mince and vegetables. Burgers are one of my favourite 'fakeaway' meals, from cupboard to plate in 30 minutes!

Red meat can play an important role in a healthy balanced diet. It's rich in protein, low in salt and provides a range of essential vitamins and minerals that contribute to good health and wellbeing.

Visit [eatwelshlamb.com](http://eatwelshlamb.com) for more recipes.

## Welsh Lamb Harissa burger with minty dip

### Ingredients

- 450g lean PGI Welsh Lamb mince
- 4 sweet potatoes cut into long wedges
- Oil
- Pinch salt and pepper
- ½ tsp dried mixed herbs
- 1 red onion, grated
- 1 tbsp harissa
- 1 garlic clove, crushed
- 50g breadcrumbs
- 4 bread rolls
- Lettuce, shredded

### For dip

- ½ small cucumber cut into small cubes
- 150ml natural yoghurt
- 1 garlic clove, crushed
- Handful chopped mint
- Rind and juice small lime

### Method

1. Preheat the oven to 200°C/180°C Fan/Gas 6.
2. In a bowl, toss the sweet potato wedges with 1 tbsp oil, the seasoning and herbs, making sure they are well covered.
3. Spread the wedges out on a baking tray and cook in the oven for 20-25 minutes until soft.
4. Meanwhile, in a bowl, mix the lamb, onion, garlic and harissa together.
5. Form into 4 burgers and griddle or grill for 5-6 minutes on each side until cooked through.
6. To make the dip, mix all the dip ingredients together.
7. Assemble the burger. Put some shredded lettuce in a bun, place the burger on top, add a spoonful of the minty yoghurt dip and serve with the sweet potatoes.



Serves 4  
Prep time: 30 minutes  
Cook time: 30 minutes