

Aled Davies OBE



Photo: Getty Images

From: Bridgend
Event: Discus
Coach: Ryan Jones

Aled Davies competing in the discus throw at the Birmingham 2022 Commonwealth Games.

In 2005 Aled was invited by Disability Sport Wales to try out athletics with a group of elite Paralympians and picked up a shot put and discus for the first time.

He has gone on to become a triple world champion and three-times Paralympic gold medalist.

In the 2022 Commonwealth Games he won gold in the F42 discus and he's also won gold in the F42 discus at London 2012, the F42 shot put at Rio 2016 and the F63 shot put at Tokyo 2020!

As an elite athlete nutrition is really important in terms of what I eat especially leading up to a major competition and I absolutely love a good spaghetti bolognese! It's packed with protein and iron from the lean Welsh Beef mince, protein and calcium from the cheese I put on top, carbs from the pasta and lots of vitamins and minerals from the vegetables, delicious!

Red meat can play an important role in a healthy balanced diet.

Visit eatwelshbeef.com for more recipes.



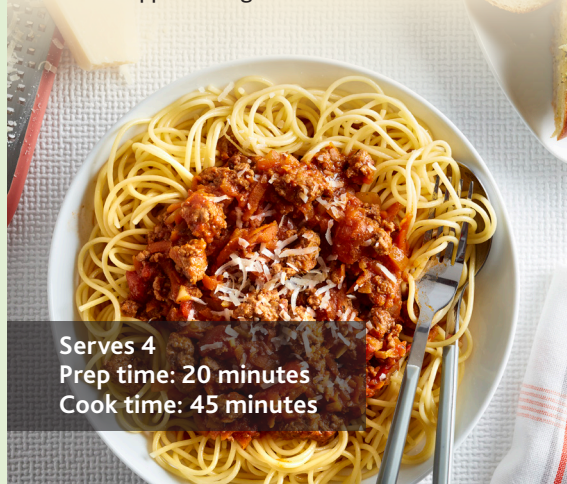
Easy Welsh Beef Spag bol

Ingredients

- 450g lean PGI Welsh Beef mince
- 1 onion, chopped
- 2 cloves garlic, peeled and chopped
- 100g grated carrot
- ½ tsp dried mixed herbs
- Salt and pepper
- 400g tin chopped tomatoes
- 1 tbsp tomato purée or ketchup
- 400ml beef stock
- Dried spaghetti
- Grated cheese to serve

Method

1. Place the mince into a deep frying pan or saucepan, start frying using low heat – to release the fat from the mince, then increase the heat and fry the mince until it's nice and brown.
2. Remove the mince from the pan and add the onion and garlic to the pan and fry gently until softened.
3. Return the mince to the pan, add a pinch of salt and black pepper, carrots, tomatoes, tomato purée, herbs and stock.
4. Stir well, bring to the boil then reduce the heat and allow the mixture to simmer for approximately 35 minutes until the sauce has thickened.
5. Cook the spaghetti as the packet instructs, drain and serve with the bolognese mixture.
6. Serve topped with grated cheese.



Serves 4
Prep time: 20 minutes
Cook time: 45 minutes