

Hannah Brier



Photo: Getty Images

From:
Neath, lives in Cardiff

Event:
100m & 200m

Coach:
Matt Elias

Club:
Swansea Harriers

Hannah Brier competing in the 200m at the Birmingham 2022 Commonwealth Games.

In 2022 Hannah competed in her second Commonwealth Games held in Birmingham where she participated in both the women's 100m and 200m.

She also broke the Welsh 100m record in the summer of 2022, setting a new time of 11.33.

Hannah was just 16 when she competed in her first Commonwealth Games in Glasgow in 2014 where she raced in the 100m and 4 x 100m relay, she currently holds 16 Welsh records!

She is a former ballet dancer.

Spaghetti bolognese has always been one of my favourite recipes. It's a really easy way to pack in lots of protein, carbohydrates and good veggies. It's also a very useful recipe to make lots of portions which is great for the rest of the week, when I'm too tired to cook after training! Nutrition is a big part of my success as an athlete and making recipes such as this Welsh Beef Bolognese is easy, healthy and tasty.

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

Visit eatwelshbeef.com for more recipes.

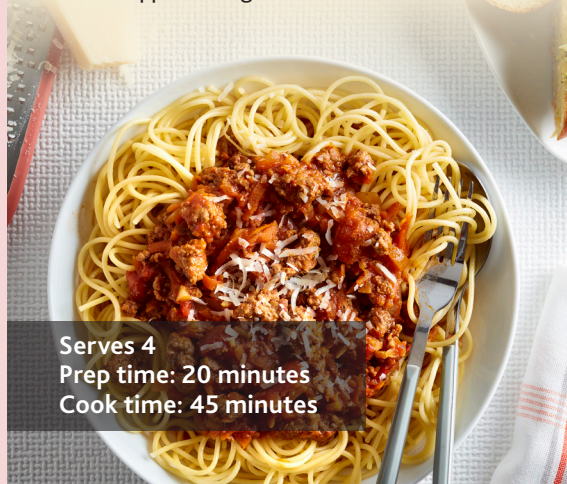
Easy Welsh Beef Spag bol

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