

# Osian Jones



Photo: Gary Mitchell

**From:** Bangor, lives in Cardiff  
**Event:** Hammer  
**Coach:** Carys Parry  
**Club:** Liverpool Harriers

Osian Jones competing in the hammer throw at the Birmingham 2022 Commonwealth Games.

It was at the Manchester 2002 Commonwealth Games that Osian Jones was first inspired to represent Wales:

"My parents took me to watch the Games in Manchester. It was the first time I had ever seen an athletics competition and I fell in love with the sport. I knew from that moment that I wanted to be an athlete and represent Wales at the Commonwealth Games."

Osian has now competed at three Commonwealth Games having represented Wales at Glasgow 2014, Gold Coast 2018 and Birmingham 2022. He was also given the important responsibility of Team Captain at the Birmingham 2022 Games.

Welsh Lamb is my favourite and fajitas are so easy to make and can be enjoyed by the whole family. I like my fajitas with plenty of meat and vegetables, which is great for athletes as they are packed with protein, vitamins and carbohydrates.

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

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



## Welsh Lamb fajitas

### Ingredients

- 2 PGI Welsh Lamb leg steaks, cut into strips
- 2 tbsp olive oil
- 1 red onion, thinly sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 tbsp Fajita Seasoning
- Juice ½ lime
- 8 small flour tortilla wraps, warmed
- Sour cream or natural yogurt
- 100g cheddar cheese, grated
- Tomatoes, chopped
- Coriander, chopped

### Method

1. Place 1 tbsp oil in frying pan, add the lamb strips and fry for a few minutes until lightly brown.
2. Add the onion and peppers and fry over high heat for approx. 5 minutes until nicely coloured.
3. Lower the heat and add the fajita seasoning, stir well and fry for 2 minutes. Add the lime juice.
4. Warm the tortillas in the oven or microwave.
5. Spoon the mixture onto a tortilla, top with soured cream, cheese, tomatoes and coriander and finish with a squeeze of lime!



**Serves 4**  
**Prep time: 25 minutes**  
**Cook time: 20 minutes**