

# SMOKED OSTRICH AND CHARRED BEETROOT SALAD

## Suitable for a Health-conscious lifestyle!

Healthy, tasty, and smoked. This is a delicious recipe you must try. This recipe was created by An Earthen Life who quoted "I wish I could share with you the delicious smells that are coming out of the Megamaster Delta smoker today. We used old wine oak barrel wood chip and you can actually smell the wine aroma coming through the cracks in the Delta."



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Prep time: 10 minutes  
Cook time: 45 minutes  
Serves 2 people

### INGREDIENTS FOR THE OSTRICH:

400 – 500 g Ostrich Fillet  
Olive oil  
Salt and pepper

### FOR THE BEETROOT:

5 medium beetroots, peeled and quartered  
Olive oil  
Balsamic Vinegar  
Salt  
4 thyme sprigs  
Salt

### FOR THE SALAD:

Baby spinach or rocket  
4 mini cucumbers sliced into wheels  
1 avocado sliced  
Goats cheese or feta  
2 tablespoons of sesame seeds  
Olive oil

### INSTRUCTIONS:

1. Make a small charcoal fire in your off-set smoker and once your coals are ready, add your woodchips that have been soaking for half an hour. You will know your coals are ready when they are covered in grey ash.
2. Get the temperature to a steady 100 °C.
3. Place a foil tray with water with half an onion, a bulb of garlic, and rosemary directly under the main cooking grid, this adds extra flavour as well as adds moisture to the meat.
4. You are going to smoke the ostrich for about 45 minutes or until it is cooked to your liking.
5. Peel and quarter your beetroot, drizzle with balsamic and olive oil, and place in your **Megamaster 260 Cast Iron Pan**. You can cook this in the smoker at the same time as the ostrich.
6. In the meantime, make your salad, toss the spinach or rocket with the sliced cucumber, and layer on the avocado.
7. Once the beetroot and peppers are done, remove them from the heat and allow them to cool then add them to the salad and top with the cheese and seeds.
8. You can serve the ostrich on the side or slice it up and add it to the salad once it is cooked.

## MEGAMASTER RECIPE TIPS



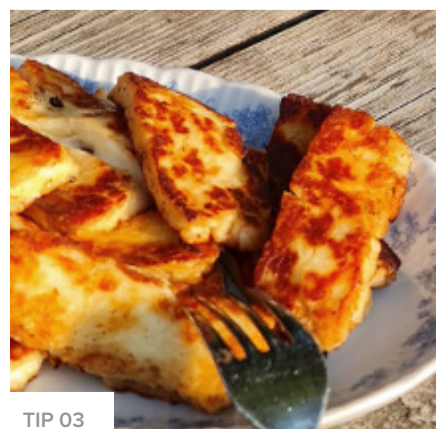
TIP 01

If you want to add a sweet taste try adding some sweet piquante peppers to the salad.



TIP 02

Beetroots tend to take longer to cook, you can precook by boiling the beetroot for about 25 minutes.



TIP 03

You can replace the cheese with smoked halloumi.