



Italian Antipasti Board



LCHF
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Servings: 4
Total Time: 30 mins



INGREDIENTS

Thinly Sliced Cold Cuts (Meat)

8 slices prosciutto or other cured ham
8 slices coppa or other cured pork
8 slices salami Milano or other salami

Vegetables & Salads

4 marinated artichokes
8 white asparagus spears
8 stuffed or marinated green olives
8 black Calamata olives
4 sun-dried tomato quarters in olive oil
16 vine tomatoes (on the vine)



Cheeses

1 buffalo Mozzarella ball (about 140g)
8 slices Asiago, Cheddar or Gruyère
8 slices Fontina or Gouda or Emmental
100g olive tapenade
1 loaf ciabatta with butter
extra virgin olive oil
1 tsp finely chopped chillies (optional)

METHOD

Drain the vegetable & salads of any liquid. Place the tapenade & butter into serving containers.

Tear the buffalo Mozzarella ball into 4.

Arrange the meats, vegetables & salads, cheese, bread, tapenade & butter on a large breadboard or serving platter.

Drizzle olive oil over the meat, vine tomatoes & Mozzarella. Sprinkle chopped chillies over the Mozzarella.

If not serving immediately, remove the bread, cover with plastic wrap & refrigerate. Bring the board back to room temperature 10-15 mins before serving and then replace the bread.

Provide dinner plates and salt & pepper grinders separately.

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Serve Low-Carb Flaxseed Bread* instead of ciabatta.

