

Summer Vegetable Coca

INGREDIENTS:

- 100g strong white flour
- 3.5g yeast
- 75ml warm water
- 1 tsp. olive oil
- 1 tsp. white wine vinegar
- ¼ Red pepper
- ¼ Green pepper
- ½ Onion
- 100g Tomatoes
- 1 tbsp. parsley

DIRECTIONS:

1. Preheat the oven to 350° F, Gas mark 4, 180°C
2. Sieve the flour and yeast into a mixing bowl, make a well in the center.
3. Mix the water, oil and vinegar add to the flour stir well until it forms a soft dough and the sides leave the bowl cleanly.
4. Knead the dough on a lightly floured surface until it is smooth, roll into a rectangular shape, and place on a lightly greased baking tray.
5. Prepare the topping: cook the onions, tomatoes and peppers in the oil until soft, arrange on risen dough.
6. Bake for 15 minutes. Remove from oven and cool on a wire rack. Garnish with roughly chopped parsley. Always remember to supervise children during cook



Always remember to supervise children during cooking activities

