



Summer vegetable COCA

A Coca is a Spanish version of a pizza. This one is topped with softly cooked red and green peppers.

Ingredients

For the dough:

- 175g strong white plain flour
- 50g strong wholemeal flour
- 1 x 7g sachet easy-bake (micro-fine) yeast
- 150ml warm water
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1 teaspoon clear honey
- extra flour for dusting

For the topping

- 1 small red pepper – de-seeded and cut into strips
- 1 small green pepper – de-seeded and cut into strips
- 1 onion – thinly sliced
- 200g tomatoes – skinned and chopped
- 2 tablespoons olive oil
- 2 tablespoons flat leaf parsley – chopped

Equipment

- mixing bowl
- measuring jug
- tablespoon
- teaspoon
- wooden spoon
- sieve
- rolling pin
- fork
- baking tray – greased
- chopping board
- sharp knife
- saucepan

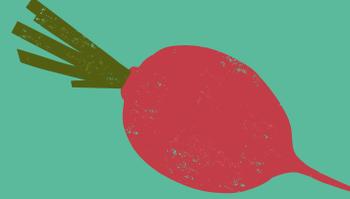


Serves

8



How to make it



- 1 Put the flour and yeast into the mixing bowl. Add the oil, vinegar and honey to the warm water.
- 2 Make a 'well' in the centre of the flour and add all the liquid. With a wooden spoon, mix to a soft dough until the dough leaves the sides of the bowl cleanly.
- 3 Knead the dough on a lightly floured surface until it is smooth. Roll the dough out to cover the greased baking tray. Prick the dough with a fork. Heat the oven to 220°C/Gas 7. Leave the dough to rise for 20 minutes.
- 4 Prepare the topping. Cook the onions, peppers and tomatoes in the olive oil until softened. Allow the mixture to cool down.
- 5 Arrange the cooled topping on top of the risen dough. Bake for 20–30 minutes.
- 6 Garnish with the chopped parsley and serve the Coca cut into squares.

Recipe Notes and Tips

For a more autumnal version, slow-cooked mushrooms, leeks and onions can be used as the topping.
Can be eaten cold as part of a packed lunch or picnic.

Allergy Aware

This recipe contains:
Gluten (flour)

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