

# Grilled chicken with veggies

★ Easy  30 minutes  2 portions

*Tips: Coconut oil leaves your food much more tasty and with a golden colour. Much healthier as it doesn't turn into trans fat after high temperatures.*

## INGREDIENTS

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- 600 grs of whole wheat bread flour
- ½ cup of water
- 1 sachet of yeast
- 1 teaspoon of coconut oil



## PREPARATION

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1. Mix all the dry ingredients very well
2. Warm up the water for 2 minutes (don't use the water from the kettle)
3. Put the water into the dry ingredients plus the coconut oil and mix until the dough is soft and dry when you touch
4. Put the dough into a bread tin and let it rest for one hour
5. Oven on 180 for 45 minutes