

Low-GI Vietnamese Prawn and Vegetable Noodle Bowl

A refreshing Asian-inspired salad featuring succulent prawns, crisp vegetables, and rice noodles tossed in a zesty lime dressing—perfect for stable blood sugar.

Prep: 15 min

Cook: 7 min

Total: 22 min

Servings: 2

GL 12.5 / GI 55

Ingredients

Medium GI (56-69) - portion controlled for glycemic management rice noodles, dried

Low GI, high in fiber and beta-carotene small carrots, cut into thin matchsticks

Low GI, adds flavor without affecting blood sugar spring onions, thinly sliced

May support healthy glucose metabolism fresh coriander, chopped

Aromatic herb with minimal glycemic impact fresh mint leaves, chopped

High protein, zero GI - helps stabilize blood sugar cooked prawns in chilli, lime and coriander

Negligible glycemic impact reduced-salt soy sauce

Adds umami depth without affecting glucose fish sauce

High GI - minimal amount used, consider reducing further or substituting with stevia light soft brown sugar

Low GI, vitamin C rich, enhances flavor naturally lime, zest and juice

Instructions

Step 1

Bring a kettle of water to a boil. Place the dried rice noodles in a large heatproof bowl and pour the boiling water over them, ensuring they are fully submerged.

Step 2

Let the noodles soak for 5-7 minutes according to package directions until tender but still slightly firm. Drain the noodles in a colander and immediately rinse under cold running water to stop the cooking process and remove excess starch. This cooling step helps lower the glycemic impact by creating resistant starch.

Step 3

While the noodles are soaking, prepare your vegetables. Peel the carrots and slice them into thin matchsticks about 5cm long. Trim and thinly slice the spring onions on a diagonal. Roughly chop the coriander and mint leaves, keeping some whole for garnish if desired.

Step 4

In a small mixing bowl, prepare the dressing by whisking together the soy sauce, fish sauce, coconut sugar, lime zest, and lime juice until the sugar dissolves completely. The coconut sugar provides gentle sweetness with a lower glycemic impact than regular sugar. Taste and adjust seasoning if needed, adding more lime juice for tanginess or a pinch of stevia if additional sweetness is desired without affecting blood sugar.

Step 5

Transfer the cooled and drained noodles to a large serving bowl. Add the carrot matchsticks, sliced spring onions, chopped coriander, and mint leaves to the noodles.

Step 6

Add the cooked prawns with their chilli, lime, and coriander marinade to the noodle and vegetable mixture. The prawns should be at room temperature or chilled.

Step 7

Pour the prepared dressing over the entire salad. Using tongs or two large spoons, toss everything together thoroughly, ensuring the dressing coats all the noodles, vegetables, and prawns evenly.

Step 8

Divide the salad between two serving bowls or meal prep containers. For best blood sugar management, eat the vegetables and prawns first, then the noodles. This eating sequence helps slow carbohydrate absorption. This salad can be enjoyed immediately or refrigerated for up to 24 hours—the flavors will develop beautifully as it sits.