

Low-Carb Shirataki Noodle Stir-Fry with Chicken and Vegetables

A blood sugar-friendly stir-fry featuring zero-glycemic shirataki noodles, lean protein, and fiber-rich vegetables—ready in 30 minutes for a satisfying low-carb meal.

Prep: 10 min

Cook: 20 min

Total: 30 min

Servings: 4

GL 5.8 / GI 37

Ingredients

konjac-based, zero GI shirataki noodles

low GI, high fiber cabbage, chopped

lean protein, zero GI cooked chicken breast, shredded

healthy fats, zero GI palm oil or olive oil

low GI, vitamin C bell pepper, chopped

low GI cruciferous vegetables mixed vegetables (broccoli, cauliflower, carrots)

moderate GI, use sparingly tomato paste

flavor enhancer bouillon powder or cube

metabolism booster cayenne pepper

aromatic herb dried thyme

to taste salt

Instructions

Step 1

Prepare all vegetables by chopping the cabbage into thin strips, dicing the bell pepper into bite-sized pieces, and ensuring the mixed vegetables (broccoli, cauliflower, and carrots) are cut into uniform pieces for even cooking.

Step 2

Drain the shirataki noodles thoroughly and rinse under cold running water for 1-2 minutes. Place the noodles in a dry skillet over low heat and cook for 3-4 minutes, stirring occasionally, to evaporate excess moisture and improve texture. Set aside.

Step 3

Heat the palm oil or olive oil in a large skillet or wok over medium-high heat. Once the oil is shimmering, add the tomato paste, chopped bell pepper, and cayenne pepper. Stir continuously for 4-5 minutes until the tomato paste darkens slightly and becomes fragrant.

Step 4

Add the mixed vegetables (broccoli, cauliflower, and carrots) to the skillet along with the shredded cooked chicken. Sprinkle in the bouillon powder, dried thyme, and salt. Stir well to combine all ingredients and cook over medium heat for 5-6 minutes until vegetables are tender-crisp.

Step 5

Add the chopped cabbage to the skillet and stir-fry for 2-3 minutes until it begins to soften but still retains some crunch for texture and fiber content.

Step 6

Incorporate the prepared shirataki noodles into the vegetable and chicken mixture. Toss everything together thoroughly and cook for an additional 5-7 minutes, stirring occasionally, to allow the noodles to absorb the flavors and heat through completely.

Step 7

Taste and adjust seasoning with additional salt if needed. Serve immediately while hot, optionally garnished with fresh herbs. For optimal blood sugar control, eat the vegetables and protein portions first before finishing the noodles.