

Low-Glycemic Thai Coconut Chicken Soup (Tom Kha Gai)

Aromatic Thai soup with tender chicken in creamy coconut broth, naturally low-glycemic and anti-inflammatory. Ready in under an hour for stable blood sugar.

Prep: 15 min

Cook: 50 min

Total: 65 min

Servings: 7

GL 0.5 / GI 20

Ingredients

- Anti-inflammatory, aids digestion

large piece Chinese ginger (galangal), peeled and chopped
- Low GI, supports insulin sensitivity

garlic cloves
- Aromatic spice, minimal glycemic impact

whole cardamom pods
- Zero glycemic impact, anti-inflammatory

lemongrass stalks
- Aromatic, no glycemic impact

kaffir lime leaves
- Protein-rich base, zero GI

low-sodium chicken broth
- High protein, zero GI, slows digestion

free-range organic chicken breast or thighs, cut into 1-inch pieces
- Low GI, contains beta-glucans

shiitake mushrooms, chopped
- Healthy fats, MCTs, minimal glycemic impact

organic unsweetened coconut milk
- Umami flavor, no sugar

fish sauce
- Healthy fats, capsaicin boosts metabolism

chili oil and fresh cilantro leaves for garnish

Instructions

Step 1

Prepare the lemongrass by trimming off the woody base with a sharp knife and removing the tough outer layers. Slice the tender inner stalks into 2-inch segments and set aside.

Step 2

Combine the lemongrass pieces, chopped galangal, kaffir lime leaves, and garlic cloves in a blender. Pulse several times until the ingredients break down into a coarse, fragrant paste. You may need to add 2-3 tablespoons of water to help the blending process.

Step 3

Heat a large stockpot over medium-high heat. Add the blended aromatic paste and cardamom pods, stirring constantly for 1 to 2 minutes until the mixture becomes very fragrant and releases its essential oils. The paste should sizzle and become aromatic but not burn.

Step 4

Pour in the chicken broth and bring to a rolling boil. Once boiling, reduce the heat to low and let the broth simmer gently for 20 to 30 minutes, allowing the aromatics to infuse deeply into the liquid. The broth should develop a pale golden color and intense fragrance.

Step 5

Strain the infused broth through a fine-mesh sieve into a clean large pot, pressing on the solids with the back of a spoon to extract maximum flavor. Discard the solids and return the strained broth to the heat.

Step 6

Add the chicken pieces and sliced shiitake mushrooms to the strained broth. Simmer over medium-low heat for 20 to 25 minutes until the chicken is fully cooked through and tender. The chicken should reach an internal temperature of 165°F (74°C) and the mushrooms should be soft and flavorful.

Step 7

Remove the pot from heat and stir in the coconut milk and fish sauce, mixing until fully incorporated and creamy. Taste and adjust seasoning if needed, adding more fish sauce for saltiness or a squeeze of lime juice for brightness.

Step 8

Ladle the soup into bowls and garnish with a drizzle of chili oil and fresh cilantro leaves. Serve immediately while hot for optimal blood sugar benefits. Each serving provides approximately 1.5 cups of soup with balanced protein and healthy fats.