

# Low-GI Thai Green Curry Chicken & Sweet Potato Parcels

*Fragrant parchment-baked chicken with sweet potato and peppers in coconut curry sauce—a blood sugar-friendly Thai-inspired meal ready in 40 minutes.*

Prep: 10 min

Cook: 30 min

Total: 40 min

Servings: 1

**GL 18.7 / GI 58**

## Ingredients

**Provides healthy fats that slow glucose absorption** creamed coconut block

**HIGH GI ingredient - minimized to 8g; consider using 1 tsp coconut sugar (GI 35) as lower-GI alternative** soft brown sugar

**Adds umami without affecting blood sugar** fish sauce

**Check label for added sugars; choose brands with minimal processing** Thai green curry paste

**LOW-MEDIUM GI (44-61); higher fiber than white potato, pair with protein** sweet potato, peeled and cubed small

**LOW GI; high in fiber and vitamin C, minimal impact on blood sugar** small red bell pepper, deseeded and cubed

**Lean protein slows carbohydrate absorption and stabilizes blood sugar** skinless chicken breast

**Fresh herbs add flavor and antioxidants without affecting glycemic load** fresh coriander leaves and lime wedges

# Instructions

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## Step 1

Preheat your oven to 200°C (180°C fan/400°F/gas mark 6) and prepare a large baking sheet.

## Step 2

In a small bowl, combine the creamed coconut with 3 tablespoons of boiling water, stirring until you achieve a smooth, creamy paste without lumps.

## Step 3

Add the coconut sugar, fish sauce, and Thai green curry paste to the coconut mixture, stirring thoroughly until all ingredients are well incorporated into a fragrant sauce.

## Step 4

Lay a large piece of baking parchment (approximately 40cm long) on your baking sheet. Arrange the cubed sweet potato and red pepper pieces in the center, creating a small clearing in the middle for the chicken.

## Step 5

Place the chicken breast in the cleared space among the vegetables, then pour the coconut curry sauce evenly over the chicken and vegetables, ensuring everything is well coated.

## Step 6

Fold the long edges of the parchment together at the top, crimping them to create a tight seal, then twist and scrunch the short ends like a candy wrapper to form a completely sealed parcel.

## Step 7

Bake in the preheated oven for 25-30 minutes until the chicken reaches an internal temperature of 75°C (165°F) and the sweet potato cubes are fork-tender.

## Step 8

Carefully transfer the sealed parcel to a dinner plate or shallow bowl, open it cautiously to release the steam, then garnish with fresh coriander leaves and a generous squeeze of lime juice before serving. For optimal blood sugar control, eat any accompanying vegetables first, then the protein and sweet potato.