
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

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Instructions

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.