

Low-Glycemic Vietnamese Chicken & Vegetable Noodle Bowl

A vibrant, blood sugar-friendly noodle bowl featuring shirataki noodles, lean chicken, and crisp vegetables tossed in a zesty lime-sesame dressing with fresh herbs.

Prep: 20 min

Cook: 5 min

Total: 25 min

Servings: 3

GL 2.3 / GI 23

Ingredients

- Low-GI alternative to rice noodles, virtually zero net carbs** shirataki noodles (konjac noodles)
- Medium GI when raw, high in fiber** medium carrot, peeled into ribbons
- Very low GI, high water content** cucumber, peeled into ribbons
- Lean protein, no glycemic impact** cooked chicken breasts, shredded
- Very low GI, adds crunch and nutrients** radishes, thinly sliced
- Contains quercetin, moderate in moderation** red onion, finely sliced
- No glycemic impact, aids digestion** fresh mint leaves, picked
- Low GI, healthy fats slow glucose absorption** natural roasted peanuts, roughly chopped
- Capsaicin may improve insulin sensitivity** small red chili, deseeded and finely chopped
- Vitamin C, helps moderate glycemic response** lime, zest and juice
- No glycemic impact, umami flavor** fish sauce

Choose low-sodium to reduce salt intake low-sodium soy sauce

Healthy fats, no glycemic impact toasted sesame oil

Instructions

Step 1

Prepare the shirataki noodles by draining them thoroughly and rinsing under cold water for 2 minutes to remove any residual odor. Pat dry with paper towels, then briefly blanch in boiling water for 2-3 minutes. Drain completely and set aside to cool.

Step 2

While the noodles cool, prepare the dressing in a large serving bowl. Zest the lime directly into the bowl, then cut and squeeze out all the juice. Add the fish sauce, low-sodium soy sauce, and toasted sesame oil. Whisk vigorously until the dressing is well emulsified and slightly thickened.

Step 3

Using a sharp vegetable peeler, create long ribbons from the carrot by peeling from top to bottom in smooth strokes. Continue until you reach the core. For the cucumber, peel ribbons in the same manner, stopping when you reach the seedy center. Discard the cucumber core as the seeds add excess moisture.

Step 4

Add the cooled shirataki noodles to the bowl with the dressing and toss thoroughly to coat every strand. The noodles will absorb the flavors beautifully. Add the carrot ribbons, cucumber ribbons, thinly sliced radishes, and finely sliced red onion to the bowl.

Step 5

Shred the cooked chicken breasts into bite-sized pieces using two forks or your hands, pulling along the grain of the meat. Add the shredded chicken to the bowl along with the picked mint leaves. Reserve a few mint leaves for garnish if desired.

Step 6

Using your hands or salad tongs, gently but thoroughly toss all ingredients together, ensuring the dressing coats everything evenly. The vegetables should glisten and the colors should be vibrant and well distributed throughout the bowl.

Step 7

Just before serving, roughly chop the roasted peanuts and finely chop the deseeded red chili. Scatter the peanuts and chili over the top of the salad. For optimal blood sugar control, serve immediately and encourage diners to eat the vegetables first, followed by the protein, then the noodles. This eating sequence helps minimize glucose spikes.