

Low-Glycemic Butter Chicken with Aromatic Spices

Creamy coconut-based Indian curry with tender chicken and warming spices. This blood sugar-friendly version uses whole foods and healthy fats for sustained energy.

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 3

GL 2.8 / GI 29

Ingredients

High-quality protein with zero glycemic impact; helps stabilize blood sugar boneless skinless chicken breasts

Pure fat with no glycemic impact; supports nutrient absorption ghee

Low-glycemic healthy fats; one standard can full-fat coconut milk

Concentrated tomato flavor; minimal glycemic impact in this quantity tomato paste

Medium GI when cooked; fiber content helps moderate glucose response small yellow onion, diced

Negligible glycemic impact; supports insulin sensitivity garlic cloves

Anti-inflammatory; may improve insulin sensitivity turmeric powder

Supports digestion and metabolic health ground ginger

Capsaicin may boost metabolism chili powder

Shown to help regulate blood sugar levels ground cinnamon

No glycemic impact; enhances flavors sea salt

Lower glycemic alternative to cornstarch; use sparingly arrowroot starch

For slurry; no glycemic impact filtered water

Instructions

Step 1

Prepare your ingredients by dicing the yellow onion into small pieces and mincing the garlic cloves finely. Cut the chicken breasts into uniform bite-sized cubes, approximately 1-inch pieces, to ensure even cooking.

Step 2

Create your spice blend by mixing together the turmeric powder, ground ginger, chili powder, ground cinnamon, and salt in a small bowl. Sprinkle this aromatic mixture over the chicken cubes and toss thoroughly until every piece is evenly coated with the golden spices.

Step 3

Melt the ghee in a large frying pan or skillet over medium-low heat. Add the diced onion and minced garlic, stirring occasionally for about 3 minutes until the onion becomes translucent and the garlic releases its fragrant aroma.

Step 4

Increase the heat to medium and add the spice-coated chicken pieces to the pan. Cook for 6 minutes, tossing frequently to brown the chicken on all sides and allow the spices to bloom in the hot ghee, creating a flavorful base for your curry.

Step 5

While the chicken cooks, whisk together the coconut milk and tomato paste in a bowl until smooth and well combined. Pour this creamy mixture into the pan with the chicken and increase heat to high until the sauce begins to bubble actively.

Step 6

Reduce the heat to medium-low and let the curry simmer gently for 10 minutes, allowing the flavors to meld and the chicken to cook through completely. The sauce will reduce slightly and the chicken will become tender and infused with the aromatic spices.

Step 7

To create a thicker, more luxurious sauce, whisk together the arrowroot starch and water in a small bowl to form a smooth slurry. Increase heat to medium-high, push the chicken to one side of the pan, and pour in the slurry while stirring vigorously. Mix the thickened sauce with the chicken, remove from heat, and serve immediately over cauliflower rice with a side of fiber-rich vegetables for optimal blood sugar control.