

Low-Carb Recipe: Red Thai Curry with Shirataki Noodles



Nutrition Facts

Amount Per Serving

Calories	222 kcal
Protein	35g
Carbohydrate	9.9g
Fat	8.5g
Dietary Fiber	0.6g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 200g Shirataki Noodles (Low-Carb)
- 150g Chicken
- 5g Red Curry Paste (hot!)
- 50g Yellow Zucchini
- 20ml Cream
- Pepper
- Salt

Preparation:

Cut yellow zucchini and chicken into small pieces. Roast it for about 10 - 12 minutes (medium heat) and flavor it with salt and pepper. Sieve the Low-Carb Shirataki Noodles and boil them for about 2 - 3 minutes in salted water.

After about 10 minutes add 20ml of cream and 5g of Red Curry Paste (hot!) to the chicken. Mix all together.

Serve the Red Thai Curry with Shirataki Noodles. Enjoy this Low-Carb Meal and check out our [Calorie Calculator](#) to optimize your diet!