Chow mein noodles

* 2 tablespoons Alfa One rice bran oil
* 2 medium brown onions, halved, thinly sliced
* 2 garlic cloves, thinly sliced
* 2cm piece fresh ginger, peeled, finely grated
* 1/2 small cauliflower, cut into small florets
* 125g packet fresh baby corn
* 80g snow peas, trimmed
* 1 cup roughly chopped green cabbage
* 1/3 cup oyster sauce
* 1/2 teaspoon ground white pepper
* 1 teaspoon cornflour
* 1/2 cup chicken stock
* 227g packet chow mein noodles

1. Step 1

Heat a wok over high heat. Add oil. Swirl to coat. Add onion, garlic and ginger. Stir-fry for 1 minute or until fragrant Add cauliflower and corn. Stir-fry for 2 minutes or until just tender. Add snow peas, cabbage, oyster sauce and pepper. Stir-fry for 2 minutes.

1. Step 2

Place cornflour in a bowl. Add stock, stirring until smooth. Add to vegetable mixture. Stir-fry for 1 to 2 minutes or until sauce begins to thicken. Add noodles. Toss to combine. Serve.