**Project Plan**

 Project Setup (2 hours)

* Set up Laravel project
* Set up React project
* Configure database
* Set up version control (Git)

 Backend Development (12 hours)

* Design database schema for menu items
* Implement API endpoints:
  + Get all menus
  + Get specific menu with depth and root item
  + Add item
  + Update item
  + Delete item
  + Save menu
* Implement business logic for hierarchical structure
* Set up authentication (if required)

 Frontend Development (16 hours)

* Set up React project structure using atomic design
* Implement state management with Recoil
* Set up API integration with React Query
* Create components:
  + Sidebar layout
  + Menu list
  + Menu item (recursive component for hierarchical display)
  + Add/Edit form
* Implement CRUD operations on the frontend
* Style components using Tailwind CSS

 Integration and Testing (4 hours)

* Integrate frontend with backend
* Test all features
* Fix bugs and issues

 Deployment (2 hours)

* Set up deployment environment
* Deploy backend and frontend