



Hi Jennifer!

Why do people like vegetable jokes? Because they're corny.

Fridge			Pantry		
QTY	ITEM	USE WITHIN	QTY	ITEM	USE WITHIN
2	Boneless Skinless Chicken Breast	5 Days	2	Teriyaki Chicken Snack Stick	🕒
2	Grass-Fed Beef Sirloin Tips	5 Days			
1	Grass-Fed Ground Beef Patties (85/15)	5 Days			
4	Fresh Zucchini	7 Days			
1	Baby Romaine Lettuce	10 Days			
1	Navel Orange	10 Days			
2	Fresh Shallot	20 Days			
1	Awesome Sauce	🕒			
1	Classic Chimichurri	🕒			
1	Coconut Curry Sauce	🕒			
1	Fresh Asparagus *FREE	🕒			
1	Grape Escape 6 Pack	🕒			
1	Lemon Pepper Half Chicken	🕒			
1	Pickled Red Onions	🕒			
1	Rosemary Heirloom Potatoes	🕒			
1	Trimmed Green Beans	🕒			

Fresh Tip: Use your proteins' expiration dates to decide which recipes to make first!

Freezing: Meat can be frozen for up to 3 months.

Cooking Tip: Microwave times and power can vary, so heat with care. You may need more or less cook time depending on your appliance.

Safety Tip: Do not consume foods that arrive in packaging that is damaged, leaking, or bulging. Discard any perishable foods that arrive warm or have any signs of spoilage.

Flip to see recipes on the back →

🕒 See packaging for expiration date

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Jennifer's Recipes for Monday, January 19

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<div></div> <div>Juicy Chicken + Rosemary Potatoes</div> <div><div>🕒 28 min.</div><div>🔥 590 cals.</div><div>🍽️ 11 2 serv.</div></div> <div><p>HUNGRYROOT Trimmed Green Beans</p><p>ROLL-ROTI Lemon Pepper Half Chicken</p><p>ROLL-ROTI Rosemary Heirloom Potatoes</p></div> <div><p>Preheat oven to 450°; remove chicken from all packaging, including paper, add chicken with juices (if desired) to a baking dish; bake 25-28 min until hot + skin is golden brown</p><p>Meanwhile, heat 1 tbsp oil in skillet over med-high; add ½ the potatoes in a single layer + cook undisturbed, 4-6 min until browned + crispy</p><p>Boil a pot with ½ cup water + pinch of salt; place green beans in boiling water, cover + steam until tender, about 3-4 min; drain, season with salt/pep + a drizzle of oil</p><p>Divide all between plates—looks great!</p></div>	<div></div> <div>Chimichurri Sirloin Beef Tips with Zucchini (Edited)</div> <div><div>🕒 12 min.</div><div>🔥 360 cals.</div><div>🍽️ 11 2 serv.</div></div> <div><p>HUNGRYROOT Fresh Zucchini</p><p>HUNGRYROOT Classic Chimichurri</p><p>HUNGRYROOT Grass-Fed Beef Sirloin Tips</p></div> <div><p>Heat lightly oiled skillet over med-high; pat meat dry, season with salt/pep + sear 2-3 min undisturbed until browned; flip meat over + sear 2-3 min more for medium-rare (for more well done, increase cook time 1-2 min per side); set aside</p><p>Wash, then slice zucchini into ¼-inch rounds; heat 1 tsp oil in a 12-inch skillet or large pot over med-high, add to pan, season with salt/pep + sauté 4-5 min until tender</p><p>Add all to plates + drizzle 1-2 tbsp sauce onto meat —looks good!</p></div>
<div></div> <div>Coconut Curry Chicken + Sautéed Zucchini (Edited)</div> <div><div>🕒 13 min.</div><div>🔥 440 cals.</div><div>🍽️ 11 2 serv.</div></div> <div><p>HUNGRYROOT Coconut Curry Sauce</p><p>HUNGRYROOT Fresh Zucchini x 2</p><p>HUNGRYROOT Boneless Skinless Chicken Breast</p><p>HUNGRYROOT Fresh Shallot</p></div> <div><p>Heat 1 tbsp oil in skillet over med-high; pat chicken dry, season with salt/pep + cook 4-6 min per side until fully cooked, no pinkness remains; remove chicken reserving pan juices</p><p>Wash, then slice 2 zucchini into ¼-inch rounds; thinly slice shallot; heat 1 tbsp oil in a large skillet over med-high, add veggies to pan, season with salt/pep + sauté 4-5 min until tender</p><p>Divide chicken + veggies to plates then dollop each with 3 tbsp curry</p></div>	<div></div> <div>Burger Bowl with Baby Romaine Lettuce + Awesome Sauce</div> <div><div>🕒 8 min.</div><div>🔥 490 cals.</div><div>🍽️ 11 2 serv.</div></div> <div><p>HUNGRYROOT Grass-Fed Ground Beef Patties (85/15)</p><p>HUNGRYROOT Baby Romaine Lettuce</p><p>VEGGIE CONFETTI Pickled Red Onions</p><p>FABALISH X HUNGRYROOT Awesome Sauce</p></div> <div><p>Wash + dry lettuce leaves, tear into bite-size pieces; add to bowls</p><p>Heat 1 tbsp oil in skillet over high; add burgers to pan, break into large chunks + sear undisturbed 2 min; flip meat over, season generously with salt/pep + fave spices, then break into small pieces; cook 2-3 min until fully cooked; add to bowls along with 1 tbsp of pickled onions</p><p>Drizzle the packet of awesome sauce between bowls</p></div>

