



## 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	Novel 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

Juicy Chicken + Rosemary Potatoes		⌚ 28 min. ⌚ 590 cals. 🍴 2 serv.	⌚ 12 min. ⌚ 360 cals. 🍴 2 serv.
HUNGRYROOT Trimmed Green Beans	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		
ROLI ROTI Lemon Pepper Half Chicken	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		
Rosemary Heirloom Potatoes	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		
	Divide all between plates—looks great!		
HUNGRYROOT Juicy Chicken + Rosemary Potatoes (Edited)			
HUNGRYROOT Fresh Zucchini			
HUNGRYROOT Grass-Fed Beef Sirloin Tips			
HUNGRYROOT Coconut Curry Chicken + Sautéed Zucchini (Edited)	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 pink remains; remove chicken reserving pan juices	⌚ 13 min. ⌚ 440 cals. 🍴 2 serv.	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 (or more well done, increase cook time 1-2 min per side); set aside
HUNGRYROOT Baby Romaine Lettuce	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		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
HUNGRYROOT Veggie Confetti Pickled Red Onions	Add oil to plates + drizzle 1-2 tbsp sauce onto meat—looks good!		Add oil to plates + drizzle 1-2 tbsp sauce onto meat—looks good!
HUNGRYROOT FABALISH X HUNGRYROOT Awesome Sauce			
HUNGRYROOT Burger Bowl with Baby Romaine Lettuce + Awesome Sauce	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	⌚ 8 min. ⌚ 490 cals. 🍴 2 serv.	Wash + dry lettuce leaves, tear into bite-size pieces; add to bowls
HUNGRYROOT Fresh Shallot	Dribble the packet of awesome sauce between bowls		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

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