

## **Joe Wicks, spaghetti carbonara and a pinot gris**

**NICK GRIMSHAW:** This podcast may contain some strong language and adult themes.

**NICK GRIMSHAW:** Oh, hello and welcome to Dish from Waitrose. I am Nick Grimshaw.

**ANGELA HARTNETT:** And now I'm Angela Hartnett.

**NICK GRIMSHAW:** And we are here together in the month of December.

**ANGELA HARTNETT:** I know. Christmas around the corner.

**NICK GRIMSHAW:** I've been excited for Christmas since about the-

**ANGELA HARTNETT:** September?

**NICK GRIMSHAW:** -12th of October. I've been buzzing for Christmas.

**ANGELA HARTNETT:** Have you got your cheese in yet?

**NICK GRIMSHAW:** Yeah, cheese in, foods in. I feel like it's a month for cultural gluttony.

**ANGELA HARTNETT:** Are you doing a jamón again?

**NICK GRIMSHAW:** A what?

**ANGELA HARTNETT:** A jamón.

**NICK GRIMSHAW:** Oh, a ham!

**ANGELA HARTNETT:** A ham!

**NICK GRIMSHAW:** So last year, yeah, I had a big pig's leg.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** So what do they call it?

**ANGELA HARTNETT:** Yeah, jamón.

**NICK GRIMSHAW:** Oh, a jamón, oh, okay, oh... So yeah, I ne- we- it was- I ordered it and I was having a party at mine.

**ANGELA HARTNETT:** Did you think it was gonna come pre-sliced?

**NICK GRIMSHAW:** No, I just didn't realise it was gonna have a trotter. So it was like a full pigs'- like it kind of was a bit sexy, 'cause like it was like from-

**ANGELA HARTNETT:** Had its own little medal.

**NICK GRIMSHAW:** Like it was like, its full bum and thigh, and then like a sort of like long shin, and then trotters like it had a little high heels on, and it was huge.

**ANGELA HARTNETT:** It was the fact you and Mesh put diamonds on the trotter, that was the worry.

**NICK GRIMSHAW:** No we did not. But it was massive and it came and I was like, oh my God, and it didn't actually look that big but when she started slicing it I was like, there is so much meat here. So, the meat, yeah, Neil had to do it.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Because I was like, how the hell do you deal with, like, what do you even do? It had a stand that you screwed it into. It's like a meat installation in the kitchen. And Neil had to sort of...

**ANGELA HARTNETT:** Start it off for you.

**NICK GRIMSHAW:** Start it off for me and show me how to do it. But we only had about, I don't know, a centimetre of it at the party. So my mum got wind of it and my mum was like, 'Well, you've got to drive it up north,' so when we drove up Christmas to my mum's, it was me, Mesh, everyone's Christmas presents, two dogs and a pig's leg wrapped in cling film. And then we still didn't get through it at Christmas.

**ANGELA HARTNETT:** Yeah, it's a lot to get through.

**NICK GRIMSHAW:** So I'm not gonna do a, a jamón.

**ANGELA HARTNETT:** Jamón.

**NICK GRIMSHAW:** Too big.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** It was a bit King Henry VIII of me, I think.

**ANGELA HARTNETT:** Yeah. Looked good. Did look good.

**NICK GRIMSHAW:** Yeah, it did look good. Didn't like the smell.

**ANGELA HARTNETT:** Must have driven the dogs mad.

**NICK GRIMSHAW:** Yeah, the dogs b\*\*\*\*\* loved it.

**ANGELA HARTNETT:** Yeah, yeah, I bet they did.

**NICK GRIMSHAW:** Like the whole month of December just smelled of pork.

**ANGELA HARTNETT:** And a little 'Chk.'

**NICK GRIMSHAW:** Yeah, so not gonna do that, but yeah, no, I'm excited just to get snacking and get eating.

**ANGELA HARTNETT:** Where are you?

**NICK GRIMSHAW:** Don't know yet, still TBC.

**ANGELA HARTNETT:** Oh. Wow.

**NICK GRIMSHAW:** I know.

**ANGELA HARTNETT:** Living on the edge there.

**NICK GRIMSHAW:** Yeah, we're living [*laughs*] we're living on the edge.

**ANGELA HARTNETT:** You're obviously not invited anywhere.

**NICK GRIMSHAW:** Well, we've got like a lot to do. We've got my family.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** We've got Mesh's family.

**ANGELA HARTNETT:** Right. Is this the final year before the wedding? Of TBC.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** And then do you think when we get married it's at our house? I'd love to do it at ours.

**ANGELA HARTNETT:** Yeah, why not? You've got enough room.

**NICK GRIMSHAW:** I'd love to do it at ours. Because we did two at ours when there was lockdowns.

**ANGELA HARTNETT:** Right, yeah.

**NICK GRIMSHAW:** One year we were locked down and it was just me and Mesh.

**ANGELA HARTNETT:** Lovely.

**NICK GRIMSHAW:** And the next year we both had COVID and it was just me and Mesh.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** But I only discovered I had COVID on Christmas day morning.

**ANGELA HARTNETT:** Oh, same thing happened to my brother.

**NICK GRIMSHAW:** Ah, I was so annoyed.

**ANGELA HARTNETT:** We reckon he made it up.

**NICK GRIMSHAW:** No, it was real because my brother and his girlfriend bought me like a, a bath oil.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And I was running the bath and I put it in, and I was like, that doesn't smell of anything. I was like, it's a bit of a crappy present. And then Mesh was like, 'It smells amazing,' and I was like, I was like, 'I can't smell it. Why couldn't I sm-?' And I was like, 'Oh my God.'

**ANGELA HARTNETT:** 'Oh my God.'

**NICK GRIMSHAW:** So my Christmas dinner just tasted of nothing.

**ANGELA HARTNETT:** Oh, shame.

**NICK GRIMSHAW:** But I loved it, just me and Mesh, no offence to our families.

**ANGELA HARTNETT:** It's nice when it's less- yeah [*laughs*]. He loves you all very much.

**NICK GRIMSHAW:** But it was, like I'd never experienced that. It was nice. What are you doing?

**ANGELA HARTNETT:** I think we're gonna be at the restaurant. It's closed, but we have all the family there 'cause there's quite a lot of them.

**NICK GRIMSHAW:** I love that. That's genius.

**ANGELA HARTNETT:** Yeah, if you're in town, come say hi.

**NICK GRIMSHAW:** Oh my God, maybe I will.

**ANGELA HARTNETT:** We do have a lot of waifs and strays.

**NICK GRIMSHAW:** Do you have waifs and strays?

**ANGELA HARTNETT:** Yeah, we always do.

**NICK GRIMSHAW:** So it's not just always essential family?

**ANGELA HARTNETT:** It's always essential family, plus extras.

**NICK GRIMSHAW:** Oh, that's nice.

**ANGELA HARTNETT:** Always. Always a couple of friends who have come every year, and then you get a few extras. And then sometimes I get people at- you know, work for me, they haven't gone back to their family. So I always feel a bit bad that they're by themselves so I say, come and stay.

**NICK GRIMSHAW:** Oh Ange, that's nice.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Do you just like, leave it and then go back and clean it another day?

**ANGELA HARTNETT:** Yes, or I pay a kitchen porter a ridiculous amount of money to come and do it for me, cause, yeah.

**NICK GRIMSHAW:** Cause you could just have the thing, and then you can go back to your house and there's no mess.

**ANGELA HARTNETT:** Yes, it's nice.

**NICK GRIMSHAW:** Yeah, I like that.

**ANGELA HARTNETT:** Mesh would like that. He'd appreciate that.

**NICK GRIMSHAW:** Love that. Really great, easy Christmas tip. Buy a restaurant.

**ANGELA HARTNETT:** And host it there.

**NICK GRIMSHAW:** And host it there.

**ANGELA HARTNETT:** Lovely.

**NICK GRIMSHAW:** Really easy. Today, we have the UK's favourite PE teacher, Joe Wicks is gonna come and join us.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Do you remember Joe Wicks in lockdown?

**ANGELA HARTNETT:** I did.

**NICK GRIMSHAW:** Did you exercise?

**ANGELA HARTNETT:** I did a few. I did a... two days, I think, yeah.

**NICK GRIMSHAW:** I did two.

**ANGELA HARTNETT:** He was brilliant.

**NICK GRIMSHAW:** He's great.

**ANGELA HARTNETT:** Let's be honest, he got everyone going.

**NICK GRIMSHAW:** So lots to talk about with Joe. He's busy.

**ANGELA HARTNETT:** Doesn't stop.

**NICK GRIMSHAW:** Doesn't stop. He's got another new book out, so we've got to talk to him about his book as well. And we're going to be making him his favourite meal. You are.

**ANGELA HARTNETT:** I am. Oh yeah.

**NICK GRIMSHAW:** Not we.

**ANGELA HARTNETT** What are we? Season four. You're yet to pick up a knife.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT** You've cut a lime, haven't you?

**NICK GRIMSHAW:** Yeah, maybe 2024 will be the year.

**ANGELA HARTNETT:** Getting married, make a dish for Angela.

**NICK GRIMSHAW:** Making a dish for Ange.

**ANGELA HARTNETT** Which is more important?

**NICK GRIMSHAW:** I'm scared, I'm genuinely scared.

**ANGELA HARTNETT** Both.

**NICK GRIMSHAW:** Both. Urgh. Before we get into Joe, let's hear from Lauren. She says,

'Hi you absolute legends. Your podcast is not only a dream to listen to but helps the gym trips to go a little bit easier,' and yes, she does listen to food podcasts when in the gym. 'Christmas is not far away, and I'm the host this year, and I'm thinking about lamb instead of our normal beef main. I trust in Angela to give us a cracking gravy recipe. Please, please, please give us a liquid gold recipe to blow our family away.' This is good. Cause the gravy that you made last Christmas at mine?

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** I can still taste.

**ANGELA HARTNETT:** That had red currant through it, didn't it? I'm pretty sure it did.

**NICK GRIMSHAW:** That was so good, it was slightly red.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I wouldn't even know how to make gravy. Cause if I make gravy, I will take the meat off of the tray.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And then put a bit of boiling water on it.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** And then sort of move my spoon, to like release it a bit.

**ANGELA HARTNETT:** Yeah, like you've seen your mum do.

**NICK GRIMSHAW:** Like my mum do.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And then I just put like an oxo cube in it.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Is that it?

**ANGELA HARTNETT:** No, it's, you're not far off. If she does a lamb shoulder or a leg of lamb, she might have a load of vegetables underneath. So you'll take your lamb out. What you want to do though is drain a bit of the fat off, because you'll get a lot of excess fat from whatever you've cooked. Drain a bit of that off and then put that roasting tray back on the stove, add a little bit of flour.

**NICK GRIMSHAW:** Flour.

**ANGELA HARTNETT:** And that becomes a thickening agent for it. Then add, I would say, some white wine or red wine, depending on what the meat is, and then, if you've got some stock, you know, chicken stock or beef stock or lamb stock, if you're doing lamb, add that into it, and then you're getting your gravy. And there's nothing wrong with adding a few little granules of something, occasionally, to just give it a bit of oomph.

**NICK GRIMSHAW:** Mm, a bit of oomph, yeah.

**ANGELA HARTNETT:** Yeah, a little bit of Bovril in there. I always add a little half a teaspoon of Bovril in there.

**NICK GRIMSHAW:** Mm, I love Bovril.

**ANGELA HARTNETT:** Yeah, things like that. A little bit of yeast powder, all that, so it gives it all those umami flavours.

**NICK GRIMSHAW:** Do you ever have a drink of Bovril?



**ANGELA HARTNETT:** I love a drink of Bovril.

**NICK GRIMSHAW:** Love a drink of Bovril.

**ANGELA HARTNETT:** That's what I have at the football. Drink of Bovril.

**NICK GRIMSHAW:** Yeah, that's what I used to have at the football.

**ANGELA HARTNETT:** Much better. Much better. Well, I would hope so, you're young. Is your dad giving you a pint?

**NICK GRIMSHAW:** Yeah, yeah. 'Have a Bovril.'

**ANGELA HARTNETT:** 'Have a Bovril.'

**NICK GRIMSHAW:** Well, there you go, Lauren. There is your top gravy tip from Angela, and honestly, the gravy last Christmas went off. Remember, you can email us any time you want, [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk). Let's get Joe in then.

*[Dinner table sounds]*

**NICK GRIMSHAW:** Okay, it's time to welcome the nicest man in showbiz, until he starts shouting 'Drop down and give me twenty!' It's Joe Wicks everybody!

*[Applause]*

**JOE WICKS:** Thank you. No exercise today, no burpees, okay? It's just food and chat, right?

**NICK GRIMSHAW:** Do you know what? When we had the chat about this, Joe, with our team, this wonderful team here, they were like, 'What about if you and Ange do some burpees?' We were like, 'Not happening.'

**JOE WICKS:** Yeah.

**ANGELA HARTNETT:** No, I don't even know what one is. Honestly.

**JOE WICKS:** Let's have a day off today.

**NICK GRIMSHAW:** Day off.

**JOE WICKS:** Let's enjoy the gin ton and the food, yeah?

**ANGELA HARTNETT:** Perfect.

**NICK GRIMSHAW:** How is life for you, Joe?

**JOE WICKS:** It's great. You know, I've got three kids now so my life's changed a lot since I first started hanging out the window saying, 'And that right there is Lean in Fifteen,' you know, so...

**ANGELA HARTNETT:** What ages?

**JOE WICKS:** I've got a five-year-old girl, three-year-old boy, and a one-year-old baby girl, so.

**ANGELA HARTNETT:** Ooh!

**JOE WICKS:** I'm in the middle of it.

**ANGELA HARTNETT:** Exhaustion.

**NICK GRIMSHAW:** Lot of energy.

**JOE WICKS:** Yeah.

**NICK GRIMSHAW:** Lot of energy.

**JOE WICKS:** No, I love it, and you know, you might have seen articles in the paper saying, 'Joe wants six kids,' like, we really do want a big family, so we're halfway through, basically. We've got three to go.

**NICK GRIMSHAW:** You genuinely do want three more?

**JOE WICKS:** Yeah, we do. And Rosie, like my wife, she's up for it, too. It's not just me saying, 'Come on, bang 'em out.' She's up for it.

**ANGELA HARTNETT:** Wow.

**NICK GRIMSHAW:** She's essential to that process, so I'm glad she's up for it.

*[Cutlery sounds]*

**NICK GRIMSHAW:** You've been pretty busy, Joe. The stats here, which we've got to get through, you have so much going on all the time. You've done a tour of schools in the UK recently, you've got your new book out which we need to talk about, you're at the face of the thousand burpees in a month challenge, twelve million social media followers that you have to keep entertained, you've got the app as well. Are you ever

off? Do you ever have a down time? You've done like two podcasts before coming here today. Do you ever have like just a day off?

**JOE WICKS:** Yeah of course I do.

**NICK GRIMSHAW:** Yeah?

**JOE WICKS:** I do have time where I completely detach from social media, and I have to. I have to have a break because it's- I'm addicted to my device, but I can also separate from it and have a break. And all I need is a couple of days off, re-energise, and then I can get back into it. I'm very active on it in terms of like DMs, I don't just like listen and take in comments. I send a lot out.

**NICK GRIMSHAW:** And I guess people want like, you know, life changing answers from you as well, when people reach out to you.

**JOE WICKS:** Yeah, sometimes they're looking for advice, sometimes it's just like, you know, 'Thanks for your recipes,' 'I love your food,' or- but then it's sometimes it's people that have been doing my workouts for a year, have never messaged, and said, 'I want you to know, like, you know, you saved my life. I was at the lowest point, I was depressed and I'd lost my job and I was struggling, but your videos and your energy has got me through.' So I'm always wanting to tap into that, because if I step away from that and get someone else to do that, to read my messages and do DMs, I'm gonna lose the human connection between what I'm doing.

**NICK GRIMSHAW:** Yeah, and like your drive and like why you want to do it.

**JOE WICKS:** Yeah.

**NICK GRIMSHAW:** It must be amazing to get those messages. Do you ever get messages like that, Ange, saying, 'Thanks, you've changed my life?' Cause I reckon-

**ANGELA HARTNETT:** Not quite 'Changed my life,' but people do comment about recipes and stuff.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah. I don't think I'm changing people's lives with- well, maybe you are.

**NICK GRIMSHAW:** We'll see how good this pasta is today, Joe.

**ANGELA HARTNETT:** Exactly.

**NICK GRIMSHAW:** We might be DM-ing her tonight. Yeah, Ange. I wanted to go through the common ground between you, Joe Wicks, and you, Angela Hartnett.

There's some similarities here, you've both written cookbooks, you both have Italian in your blood, and most importantly you both did amazing things during the pandemic. You really, really did. Ange you provided meals to the critical care units in hospitals around London, making a thousand meals a day.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** Not just me, there was a whole team of us.

**NICK GRIMSHAW:** Not just Ange.

**ANGELA HARTNETT:** Not just me, I'd still be there, yeah.

**NICK GRIMSHAW:** And Joe, of course, you launched PE with Joe, and you were like the saviour of lockdown for so many people around the UK.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** It was a real moment. And how was that for you? Because it was such a dark time for so many people, and why did you think it was so important to do what you did?

**JOE WICKS:** First question I want to know is-

**NICK GRIMSHAW:** Yeah.

**JOE WICKS:** Did you do one of my workouts? Did you have a go at one of them?

**NICK GRIMSHAW:** We did both do them.

**ANGELA HARTNETT:** Yes.

**JOE WICKS:** Did you?

**NICK GRIMSHAW:** We both did do them.

**JOE WICKS:** Day one or day two and then you thought, I've had enough of this.

**NICK GRIMSHAW:** It was about day one and three, and then I was like, I'm exhausted. Yeah, my lockdown really went one or two ways. I was either full Joe Wicks...

**JOE WICKS:** Or the other way.

**NICK GRIMSHAW:** Like, when are we gonna be able to drink white wine at 11am on a Tuesday again?

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** So I saw both.

**ANGELA HARTNETT:** Saw both sides, experience.

**NICK GRIMSHAW:** Like sometimes I'm like, sticky toffee pudding for lunch. Or I was going full Joe Wicks.

**JOE WICKS:** Yeah, it's kind of either or, but no I think, I think it was a surprise to myself that so many people tuned in, you know, the first day obviously I announced it on the Thursday and then the Monday morning I did- did the first live and I- in my head I thought, this is going to be big in London or in the UK, but you know, there was like nearly a million live connections. So it was a real global thing almost. And then and then obviously it would go live and then hours later like Australia were doing it and New Zealand and America.

**NICK GRIMSHAW:** Wow.

**JOE WICKS:** So it was mind blowing and I couldn't predict that, but I think it was just it hit that thing of we need routine, I'll need my kids moving.

**ANGELA HARTNETT:** I think that's what you said, it was the routine, that everyone wanted something that was a constant. Cause no one knew what was happening..

**JOE WICKS:** Yeah, and it was, you know, it was a stressful time, and it was an anxious time, so I thought, if I can just go live for thirty minutes and never mention Covid, I never talked about it.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** Make people laugh, make people move, they're going to feel a little bit more positive and just have a little bit of an uplift. And that was the gift, you know, that was kind of it. And I did it eighteen weeks. I had a broken hand - you know I broke my hand?

**ANGELA HARTNETT:** I remember that bit, yeah.

**JOE WICKS:** The story is, I went out for one last razz on my motorbike on the Saturday, right? And I hit a brick wall and broke my hand. It wasn't serious, but I just, like, hadn't been riding long. I'm laying there and the motorbike's all bent up and my

friends are like, 'You're alright, you're alright.' I said, listen, what am I going to do? I'm going live on Monday morning for PE with Joe.' They're like, 'Oh, don't worry about that. That's not happening.' I said, 'I am not going to miss that,' like, the whole world thinks I'm going to be there Monday morning.

**ANGELA HARTNETT:** Of course.

**JOE WICKS:** So, I did the first workout with the cast on my hand, and then halfway through, the metal wire got infected, so I spent- I was in so much pain, I went in the hospital on the Friday, and it was luckily it just landed on a weekend, because I'd done the live, went to the hospital, and spent two nights in the hospital, and by Monday, they were going, 'You can't go and do it again,' I said, 'Do you think I'm not going to go and do it again, of course I'm doing it, they're waiting for me.' So I did it, and then Rosie was there, my wife, so I'm there in my uniform with a clipboard, pretending I was the teacher, and Rosie was demonstrating all the exercises because I couldn't do it, and so, I really love her for that, because she's really quite shy, she doesn't want to be in the media, she's like, doesn't want to do that, so she proper stepped out of her comfort zone to be the teaching assistant that day.

**ANGELA HARTNETT:** Fantastic.

**NICK GRIMSHAW:** Aw, smashed it. How's your hand?

**JOE WICKS:** Gets a bit achy in the winter, like I can still feel but- it was just, it's just a little wire in there, look. You know, when I was trying to do press ups, I was, I was having to do like one arm press ups and one arm burpees and stuff, because I couldn't put pressure on the hand.

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** Ooh, yeah.

**JOE WICKS:** And you know, then you've got to do it dressed as a panda or a Harry Potter.

**NICK GRIMSHAW:** Yeah, yeah.

**JOE WICKS:** It makes it even harder.

*[Dinner table sounds]*

**NICK GRIMSHAW:** Let's go right back to the beginning. I want to talk to you about the rusty trolley.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** The Richmond Park days.

**JOE WICKS:** Yeah.

**NICK GRIMSHAW:** This is when you were starting out life as a PT?

**JOE WICKS:** Yeah, so this is 2012.

**NICK GRIMSHAW:** Uh-huh.

**JOE WICKS:** It was the summer of the Olympics, and you know, I didn't have a lot of money at the time, I couldn't buy a van, you know, so I borrowed, like, I think I borrowed two grand off my mum to do the personal training qualification thing.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** And then I borrowed, like, maybe fifteen hundred quid off my dad to, like, get my kettlebells and my boxing pads. And that was a lot of money to my mum and dad at the time. Like, they ain't got a lot of dough, right, so I'm like thinking, you know, I'm borrowing all this money and I'm going to do it, I'm going to launch my own business, I don't want to go and work for David Lloyd or Fitness First, I want to be my own boss. So, all I could afford was, like, a trailer, like, you know, you clip it onto the back wheel and you see people do the paper round with it.

**ANGELA HARTNETT:** Yeah, yeah.

**JOE WICKS:** So I remember the first day, I was cycling from Surbiton basically up to Richmond, it took like thirty five, forty minutes, and I had this trailer on the back with like kettlebells. It was heavy. And I'll never forget, I remember my legs were burning and I said this in my head, I said, 'This is what I want to be doing. I love this, I love the pain, I love this, I'm going over to do this.' And when I got there, you know, I'm thinking, right, I'm going to set up the boot camp, done my flyering, I put like a thousand flyers in loads of doors and stood outside Richmond station. So I laid out all the bits and bobs like, you know, a kettlebell there and there's a battle rope on the tree and I've got my TRX, I've got twenty stations, and I turned up and nobody was there.

**NICK GRIMSHAW:** No...

**JOE WICKS:** Nobody came, right? I never let it stop me, I never gave up, and then eventually, you know, it grew and it become a business, and I was really proud of that. But in the same time I was doing sort of digital and doing the online stuff, and then eventually it shifted to more like-

**ANGELA HARTNETT:** Doing that.

**JOE WICKS:** -you know, doing online content. But I never had a vision to do a cookbook, this is- you know, I'm living in a one-bedroom flat in Surbiton above KFC.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** So all I was doing was just having fun, making recipes. I could never imagine I was gonna get a cookbook deal and that it was never- this is long before, you know, Deliciously Ella and me and all these guys that were getting book deals, like we were one of the first to sort of do it.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** And it still blows me away today that I've sold four million cookbooks. I still can't imagine that, that's a lot of books.

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** That's insane.

**NICK GRIMSHAW:** That's amazing, innit.

**JOE WICKS:** Really, from an iPhone, and me just learning as I went. I used to throw the microwave rice across the room. It was really wacky, but people seemed to like that fifteen second-

**NICK GRIMSHAW:** Yeah, it was fun.

**JOE WICKS:** -cut through the noise. It cut through... it wasn't highly produced, so I was doing every day like, I'd do breakfast, lunch and dinner, and my girlfriend at the time was just getting so fed up. 'Why are you doing this? Can't we just sit and enjoy the food?' And something was driving me, something, wasn't like, if I get an audience, I can get a book deal and I'll sell the books, it was like, I just got a buzz from like, people following my stuff and like, commenting and actually making the recipes. It was quite addictive, I think, at the start.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And do you get a buzz from when you were training people in those early days?

**JOE WICKS:** I was a very active kind of PT there, so if I was going to make you do like, sprints, I'd be next to you, or if I was going to make you do like, kettlebell swings, I'd be doing it with you to show you the technique, and just to show you that we almost trained together. So I was doing that sort of, say, five hours a day,



sometimes six, seven hours a day. So, very energetic trainer, and I think people love that. And even now, like when you do my YouTube videos and I'm blowing and I'm getting my inhaler out, you're like, 'S\*\*\* this guy's normal, like he's real and he's also struggling,' I think that element of like the realness of my workouts and you know, sure you heard the famous fart when I did it on YouTube.

**NICK GRIMSHAW:** Love the fart.

**JOE WICKS:** I left it in, I thought, well, people fart, leave it in.

**NICK GRIMSHAW:** Yeah, they do. Well, we wanted to talk about that because occasionally if I go to like a yoga class, people do fart.

**JOE WICKS:** I know. I would never, ever, I would never do it in a p- I could not do it. If I was, you know, even when my guy comes around and he's giving me a, you know, the osteopath giving me a massage, he goes, 'If you need to fart, fart,' and I say, 'I will never do it,' and I'll wait till it's gone-

**NICK GRIMSHAW:** And then...

**JOE WICKS:** -and it'll be like a thirty second fart.

*[Dinner table sounds]*

**NICK GRIMSHAW:** Wow, Angela.

**JOE WICKS:** I'll tell you what, this smells unreal. I feel so lucky having food cooked by a proper chef, because I don't get to enjoy this food at home, this is amazing.

**ANGELA HARTNETT:** You, w- what you cook is amazing, what are you talking about?

**NICK GRIMSHAW:** What are you talking about, come on.

**JOE WICKS:** No, I'm not a chef, I'm a home cook.

**ANGELA HARTNETT:** But it doesn't matter.

**JOE WICKS:** And I would probably try a carbonara, but I always ask the question is like, how do you make the perfect carbonara sauce? Cause there's people that get a bit wound up if you use the wrong ingredients.

**ANGELA HARTNETT:** Just egg and guanciale, no cream, nothing else.

**NICK GRIMSHAW:** Gran-ciale?

**ANGELA HARTNETT:** Guanciale is basically cured pig's cheek. And if you can't get guanciale, you can get pancetta, and then at Waitrose they do it brilliantly, because they have it all diced up, and like, you can get smoked pancetta, ready to go, open that.

**JOE WICKS:** How do you feel about bacon and all that and lard and all that, is that alright as well?

**ANGELA HARTNETT:** No, it works, yeah, of course it's the same, yeah, yeah, yeah. I think use what you can. And not, you know, you get, I mean, we struggle to get it at the restaurant sometimes.

**JOE WICKS:** There's no cream or butter in it?

**ANGELA HARTNETT:** No cream. I put olive oil at the beginning, tiny little bit. But the point, if you use the guanciale, there's so much fat in it, that becomes your sort of sauce. And then you never add cream, and then you take it off the heat, and then you add your...

**JOE WICKS:** Is it al dente? I love my pasta al dente.

**ANGELA HARTNETT:** Well, I hope so. And then a bit of pecorino. We used parmesan, but the Romans used pecorino and lots of black pepper.

**NICK GRIMSHAW:** Angela, that is out of control.

**JOE WICKS:** Oh my God.

**NICK GRIMSHAW:** Wow.

**JOE WICKS:** You know, like the saltiness of it in the cre- it's such a delicious taste.

**NICK GRIMSHAW:** It's delicious.

**JOE WICKS:** You don't add salt to it, you don't need to, do you, really?

**ANGELA HARTNETT:** You add, I only add a little bit to the pasta water, but I don't add anything to the sauce. And I add a little bit of chilli and garlic.

**JOE WICKS:** I'm not just saying it, because I, I do love my pasta, but this is one of the best carbonaras I've ever eaten in my life.

**ANGELA HARTNETT:** Aw.

**JOE WICKS:** It's so good.

**ANGELA HARTNETT:** Thank you, Joe.

**NICK GRIMSHAW:** It's so good. I don't love a carbonara, this is making me love carbonara.

**ANGELA HARTNETT:** Making you love it. Why don't you love it?

**NICK GRIMSHAW:** Because I don't really like it when it's creamy white sauce.

**ANGELA HARTNETT:** But then whoever's made you has put cream in it, they shouldn't, you know.

**NICK GRIMSHAW:** I know, they shouldn't have. When I watched the Stanley Tucci program, and he mentioned cream in Italy, and everyone, like, jumped out of a window, freaked out.. I was like, oh, maybe...

**ANGELA HARTNETT:** Maybe that's what's going wrong.

**NICK GRIMSHAW:** I was doing it wrong. But I always thought it was cream.

**JOE WICKS:** Yeah, I thought the same.

**NICK GRIMSHAW:** Right.

*[Drink pouring sounds]*

**NICK GRIMSHAW:** We're not going to have a wine, but if you do want a wine, Waitrose suggests pairing this, the [Ara Single Vineyard Pinot Gris](#), which delivers 'delicate aromas of pear and nectarine.' Mmm, delicious. But I reckon you want that with a cheesy pasta, don't you?

**ANGELA HARTNETT:** Cheesy pasta, like something fresh and floral.

**NICK GRIMSHAW:** Definitely. So talk us through how you make the carbonara.

**ANGELA HARTNETT:** So, in a pan, not too hot a pan, add your guanciale, if you've got it, or pancetta. You don't need to add any other fat, you can add a tiny little bit of olive oil if you want, all the fat will come from the bacon, the pancetta, or the guanciale. I grate in a little bit of garlic on a low heat because I don't want it to brown, add a little pinch of dried chilli and then that's done. Cook my pasta, have my eggs whisked in a bowl ready, then as soon as my pasta's cooked, drain it, keep a tiny little bit of the cooking water, and add all the bacon to it, and then off the heat, add a bit of cheese, just to cool it down, and then add my eggs. Cause if the pasta's too hot when you add the eggs, they're gonna cook them, it's like scrambled eggs.

**NICK GRIMSHAW:** Oh, no.

**ANGELA HARTNETT:** Which you don't want, so.

**NICK GRIMSHAW:** No.

**JOE WICKS:** Do you add the egg white or just the yolk?

**ANGELA HARTNETT:** I add the egg white and the yolk, everything, yeah.

**JOE WICKS:** Like two or three of them, is it two or three eggs? Three eggs I did for us.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And right at the end?

**ANGELA HARTNETT:** Right at the end, yeah.

**NICK GRIMSHAW:** And then don't cook it again, just stir it all through?

**ANGELA HARTNETT:** Don't cook it, and stir it, the heat of it, yeah, and that's it.

**JOE WICKS:** That step though, about, you've got to save the pasta water, because if you don't, and you nause it up and you throw it away, you're left with- and it goes really thick-

**ANGELA HARTNETT:** Too dry.

**JOE WICKS:** -and dry. You need that pasta water to loosen it up.

**ANGELA HARTNETT:** To loosen it. Do you cook a lot of pasta at home then?

**JOE WICKS:** I've learned how to make my own pasta.

**ANGELA HARTNETT:** Fantastic. Aw.

**JOE WICKS:** Jamie Oliver taught me. Yeah, I went on his, you know, Friday Night Feast? He taught me how to make ravioli and it was so simple, I couldn't believe like, just the tipo tipo zero, you know, zero zero flour and the egg. It's literally egg and flour.

**ANGELA HARTNETT:** Yep.

**JOE WICKS:** And I said, Jamie, I need a good, like, pasta machine, because I'm doing me arms in with this rolling pin. He sent me, like, the Rolls Royce of- it's called an Imperia.

**ANGELA HARTNETT:** Yeah, lovely, yeah.

**JOE WICKS:** It's a really good one. And it's like, it rolls it so thin, and you can just make the most beautiful shapes. And that's what I- I get the kids to do it, they roll it out, and they just cut, like, triangle, stars and we cook it, but it's so quick. It cooks in like two and a half, three minutes, it's so fresh and then you realise how simple it is to do these things which seem really difficult.

**NICK GRIMSHAW:** Oh my god I need that, need to invest in that.

**ANGELA HARTNETT:** Got to get it.

**NICK GRIMSHAW:** Big time. So where's a carbonara from Ange?

**ANGELA HARTNETT:** Lazio.

**NICK GRIMSHAW:** Lazio.

**ANGELA HARTNETT:** Rome really, so...

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** They reckon it is quite a modern version.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** You know in the last, well, last century really, so since the fifties, but it's all about the Pecorino, which is where that cheese comes from, especially from Rome and it's the black pepper, you know, so that was, that's what make it pas-

**JOE WICKS:** What does it mean when I see cacio e pepe on a menu?

**ANGELA HARTNETT:** Cacio e pepe is basically a black pepper sauce, a black pepper and pecorino sauce. But they make it with the cooking water.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** So again, it's that balancing of judging how much cheese, adding your water, add in your cracked black pepper, and it's cacio e pepe.

**JOE WICKS:** Do you know what I love? You know, when I go to Italian restaurants, they've got the big old wheel of cheese.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And they throw it in and they do that a bit at the end where they-

**ANGELA HARTNETT:** Yeah, yeah, yeah, they do.

**JOE WICKS:** Is that a Pec-

**ANGELA HARTNETT:** That's a, that's, they do that with Alfonso, which is just cheese cream in a big parmesan wheel. Oh, it's brilliant. We should get one here actually

**NICK GRIMSHAW:** Do you like the novelty size peppers?

**ANGELA HARTNETT:** Love it.

**NICK GRIMSHAW:** I love them. You know when you get one of them, where they're that big for no reason whatsoever. I love them. I love them.

**JOE WICKS:** That's the thing. Pepper is like, such an underrated thing. It take-

**NICK GRIMSHAW:** I love pepper.

**JOE WICKS:** I would, I would rather a load of pepper than load of salt, 'cause it brings out loads of flavour.

**NICK GRIMSHAW:** It really does. Mm, I love it. It tastes so good on this. By the way, all the ingredients used in today's show are available at your local Waitrose, or online as well.

**ANGELA HARTNETT:** Of course.

**NICK GRIMSHAW:** You can get this recipe [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes) if you want to try it. And this is your recipe?

**ANGELA HARTNETT:** Mm!

**NICK GRIMSHAW:** Yeah!

**JOE WICKS:** Who taught you to make pasta like this? Who taught- where'd you learn?

**ANGELA HARTNETT:** My grandmother.

**JOE WICKS:** Your nonna? You say nonna? Yeah, your nonna, yeah.

**ANGELA HARTNETT:** And she was just great, and she made it so simple, she never weighed anything, it was all done, as they say, al occio. I was cooking with these chefs the other day, and we do, you know, zabaglione? It's basically cooked egg yolk, sugar and alcohol and you make, sort of this sabayon which is like all whipped up and it sets in a glass, and we always make it at Christmas. But my grandmother never weighed it and we were making it for a hundred people in this pub the other day, and I had this big bowl and I was weighing the sugar, and I just took the bottle and went 'Eh,' and they were like, the chefs were like, I've no words. I just don't know how she's going to make this.

**NICK GRIMSHAW:** 'Angela, what's the recipe?' you're like, 'I dunno. Just wing it.'

**ANGELA HARTNETT:** But it's when you, you know- but I bet you cook a bit like that in the sense that you know what you want. You're not weighing every ingredient because you know you've got an instinct for it, and you'll know it's going to be right.

**JOE WICKS:** You know it's gonna- yeah, and that's why I don't really often write the ingredients on my Instagram.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** Cause I think just try it out, you know, you might want a little bit more soy sauce or you might not.

**ANGELA HARTNETT:** Exactly, yeah.

**JOE WICKS:** There's no perfect amount.

**ANGELA HARTNETT:** It's to your taste, yeah.

**NICK GRIMSHAW:** Yeah.

**JOE WICKS:** I've also got an Italian nonna myself. Yeah. Her name was Nanny Camella, we called her.

**ANGELA HARTNETT:** Aw.

**JOE WICKS:** And she recently passed, but I've got so many good memories of going around her house and my mum could learn to cook, she only ever learned lasagne because she got kicked out of her home at fifteen.

**ANGELA HARTNETT:** Oh God.

**JOE WICKS:** Before that she learned how to cook lasagne with her mum.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** So it was the one thing, even though my mum bless her, like, she used, you know, dried pasta, it was like white sauce from the supermarket. It was all pre-made, but it was like that thing even now she makes it the same, but it brings me back to my childhood.

**ANGELA HARTNETT:** Of course.

**JOE WICKS:** Because it was the only thing she could cook.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** I'm not even joking. So we lived off pasta, tomato sauce, and sometimes she cut up a slice of bacon in there if we were lucky.

**ANGELA HARTNETT:** Mm, yeah.

**JOE WICKS:** But otherwise, it was like sandwiches and it was microwave dinners and ready meals. So I had a very unhealthy start to my childhood, but I love my food now, so I think it's good you can go on a journey with food, can't you?

**ANGELA HARTNETT:** Of course, yeah.

**JOE WICKS:** My favourite thing in the world is trying new food.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** And getting my kids to enjoy it and take them out for dinner and stuff and trying a different cuisine. But yeah, I had a really, pretty rough diet when I was a kid growing up in the nineties.

**NICK GRIMSHAW:** My brother blames, well, our mum, on his baldness from the food that he ate that was ready meals in the seventies.



**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And my brother's like, 'That's why I'm f\*\*\*\*\* bald.'

**ANGELA HARTNETT:** So what's your excuse? You're not bald.

**NICK GRIMSHAW:** 'Because he was in the eighties having pasta!' And he thinks that he's bald because he just had like mad frozen food every night.

**ANGELA HARTNETT:** Ready meals.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Brilliant.

**NICK GRIMSHAW:** Joe, do you have a recipe that people love?

**JOE WICKS:** I don't know if you remember I used to do the baked eggs and avocado thing?

**NICK GRIMSHAW:** Okay, yeah.

**JOE WICKS:** So I'd scoop out the avocado sort of pip and then put an egg in it and then bake it in the oven, so it's like a baked egg within the avocado.

**NICK GRIMSHAW:** Yeah.

**JOE WICKS:** And that was quite a novelty thing. So I used to say, 'He may be small and green, but he does 'av a car, though!'

[*Laughter*]

[*Drink pouring sounds*]

**NICK GRIMSHAW:** Let's talk about your new book Joe. This is your thirteenth book.

**ANGELA HARTNETT:** Oh my gosh!

**NICK GRIMSHAW:** Thirteenth? That's a lot of books, innit.

**ANGELA HARTNETT:** And fitness books as well presumably, no?

**JOE WICKS:** Well no, because I always combine...

**NICK GRIMSHAW:** Combine?

**ANGELA HARTNETT:** A bit of both.

**JOE WICKS:** Yeah, and that was the success of the first books, I think, is because it had the workouts and the recipes. Sort of transformation.

**ANGELA HARTNETT:** Right, got you.

**JOE WICKS:** Yeah, this is Feel Good in 15, and it's really about what can you do in your life, today, using fifteen minutes to help you feel good, right? So, there's fifteen-minute recipes, there's fifteen minute workouts and sort of mobility routines, and then there's little, like, health hacks, and I call them little daily wins. So if you hate exercise, but you want to do something for yourself, so you can say, I'm going to do some meditation, or I'm going to do some journaling, or gratitude list, or go for a walk, you know, so, it's just giving people other ideas that aren't based in the gym, or around physically exerting yourself. Even things like, you know, cold showers, and taking the kids out, and getting in nature, like, these things really change your life. Because otherwise, we're so dependent on screens for distraction and we get sucked into like, you know, Instagram and Netflix and all that sort of stuff. So just little ideas. I talk about, you know, going for bike rides with the kids or going out in the garden and playing games, you know, like things we sort of forget to do that are the basics really.

**NICK GRIMSHAW:** Yeah, and I think when you do one of those things, and then maybe you do two of them things, it becomes like a catalyst, and then I've like, I've got to do- I start getting on a really good path if I, you know, meditate and exercise, if I do them two in a day, I'm like, get ready.

**ANGELA HARTNETT:** Oh, you're serene.

**JOE WICKS:** Zen yeah.

**NICK GRIMSHAW:** And then the more you do it the more that you- you're sort of open to doing all these nice things for yourself basically, aren't you?

**JOE WICKS:** Yeah, it has a knock-on effect, yeah.

**NICK GRIMSHAW:** Yeah. I wanted to ask you about the phone because I saw in the book, you know, you were saying don't go on the phone first thing in the morning, or try and delay it, being on the phone. I try my hardest. How good are you at not being, both of you actually, on your phone first thing in the morning?

**JOE WICKS:** Of all the things I do in that book, and I say and I believe, that's the hardest thing for me.

**NICK GRIMSHAW:** Okay.

**JOE WICKS:** Because I've got a Lumie alarm clock, you know one of those lovely lights, it lights up the room and it's like birds tweeting.

**NICK GRIMSHAW:** Yeah.

**JOE WICKS:** And so I've definitely helped with that because it used to be my alarm and I'd be, bang, within five seconds of waking up, I'm on Twitter, Instagram, I'm doing DMs, and I'd wake up in the night and be on my phone. So, leaving your phone outside the bedroom is a really important thing. If you can leave it downstairs, great. If not, even set your alarm and leave it on the landing, just so you have to get up and sort of, you know. But it is, it's hard, because in the morning, there's this uncontrollable urge to want to plug in. I think that can be triggering, because if you're affected by certain things that you see, it puts you in a negative mindset, so I think even fifteen minutes a day, where you, you know, have a shower, brush your teeth, get dressed, and then look at your phone, you've just got a little bit of time to feel present and not be so plugged into that algorithm that is 24/7. It's a challenge when you live in a digital age, and-

**ANGELA HARTNETT:** And also your profile's been built around that, you know, your success is all around that.

**JOE WICKS:** I kind of love it and hate it at the same time.

**ANGELA HARTNETT:** Yeah sure.

**JOE WICKS:** But I see the value in like, you know, I can reach millions of people a month through social media, but I think you've got to have boundaries, and one of the things is talking about in the book, you know, by having those moments where you just leave it in the car for half an hour. Because otherwise you go on your walk and you think, well, I'll distract myself with a podcast or sit on the toilet and do my DMs and emails. And so you're never really thinking about anything, you're never really in your thoughts. Because people think being with their thoughts is a scary thing, right? But actually, sometimes you've got to sit with that and see what's going on and that.

**NICK GRIMSHAW:** I'm terrible for, on a dog walk, just listening to stuff, or phone calls, like, I always think, every time I go out the house, I'm like, I'm just gonna walk, and then when I'm in the park, I'm like, ugh, this is boring.

**ANGELA HARTNETT:** Well, I think listening is ...

**NICK GRIMSHAW:** So I'm like, it's so bad. Or I've always got, like, something to do.

**JOE WICKS:** This is why, one of the reasons I love podcasts, because I can, like, if I- I hate putting my clothes away, and I hate doing the dishes, right? But if I'm listening to a podcast, I can do the dishes for hours, I'm like, this is alright, 'cause I'm distracting myself. It's all about little changes, don't try and revolutionise your life and cut out ultra processed foods and exercise every day.

**ANGELA HARTNETT:** You can't do it all at once.

**JOE WICKS:** And like, cut out booze and chocolate, like, you've got to be realistic and just do a few little things.

**NICK GRIMSHAW:** I feel like now is a good time to start thinking about those changes, because once people get to January, people do do that, don't they? They go extreme and they're like, 'I'm gonna not drink and I'm gonna work out every single day, and I'm gonna meditate, and I'm gonna journal, and I'm gonna do ice baths.' So maybe now start phasing them in.

**ANGELA HARTNETT:** Yeah, yeah, yeah.

**NICK GRIMSHAW:** And then when you get to January, it's less of a shock, isn't it?

**ANGELA HARTNETT:** Yeah, that's true.

**JOE WICKS:** It's a good point.

**NICK GRIMSHAW:** I wanted to talk to you about this, Joe. I saw this in your book, I loved this bit. In the book, you name your fifteen store cupboard heroes. So, these are like the essentials that you need in your cupboard. Ange, I wanted to go through any of these, just answer me, do you have them or not? Chilli jam.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yes. Chipotle.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yes. Curry paste.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** Yes, I do. Harissa paste.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yes. Kimchi.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** No. Lime pickle.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** No, but I love it. Microwave rice and grain pouches.

**ANGELA HARTNETT:** I have grain, but not microwave.

**NICK GRIMSHAW:** Yes. Miso paste.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yes. And I always buy a too big one and then always have to throw it out because you've got to use it within a month. Peanut butter.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yes, always. Peri peri sauce.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yes. Pesto.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yes. Pickled jalapenos, no.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** But love.

**ANGELA HARTNETT:** They're really brilliant.

**NICK GRIMSHAW:** Do you live at Joe Wicks house?

**ANGELA HARTNETT:** Yes.

**JOE WICKS:** Yeah, we've got loads in common, but this is the thing, they're just like components that you can use with whole ingredients. So you're not relying solely on ultra-processed foods, but a little bit here and there is fine, and it brings flavour to the dish.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** But they're not all ultra-processed either as well.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** You know, some of those are brilliant stuff.

**NICK GRIMSHAW:** Ange, what would you add to the list?

**ANGELA HARTNETT:** I would add anchovies to this.

**NICK GRIMSHAW:** Ooh.

**JOE WICKS:** Oh, I can't stand them.

**ANGELA HARTNETT:** Oh Joe! Joe, Joe, Joe!

**JOE WICKS:** Yeah, we're getting on so well. So they're the things you put in a caesar salad, aren't they?

**ANGELA HARTNETT:** Next you're going to be telling me you don't like Arsenal, Joe.

**JOE WICKS:** Oh, I'm a Chelsea fan.

**ANGELA HARTNETT:** Oh Joe.

**NICK GRIMSHAW:** Oh! Not anchovies and Arsenal.

**JOE WICKS:** But don't- they're so, I mean, I know they're like got a lot of flavour, but they're so salty and fishy-

**ANGELA HARTNETT:** That's why they're delicious.

**JOE WICKS:** -and I don't like anything like sardines or tinned tuna. I can eat anything, I can eat sashimi and all that sort of stuff.

**ANGELA HARTNETT:** Sardines would be, and tinned tomatoes would be a good thing on this as well.

**NICK GRIMSHAW:** Oh yeah, tinned tomatoes. Don't eat the olives, they've got anchovies in them.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** Have they really?

**NICK GRIMSHAW:** Yeah, they actually have.

**JOE WICKS:** Oh my God, hidden anchovy. Are you trying to get me with them? I thought it was little bits of garlic.

**NICK GRIMSHAW:** No, don't do it. Don't do it.

**JOE WICKS:** That's a stitch up mate.

**NICK GRIMSHAW:** I think there's definitely anchovies in there.

[Salt grinder sounds]

**NICK GRIMSHAW:** Let's talk about gut health.

**ANGELA HARTNETT:** Oh yes, that's good.

**NICK GRIMSHAW:** Did everyone know about this? Or has everyone just started speaking about it this year?

**JOE WICKS:** Yeah, it's a new kind of, obviously there's been science for years, but even for me, like, I'm so into it because you didn't realise, like, the gut, you know, we put everything in there and we don't realise how... this is what I mean, good food can make you feel so good and ultra-processed and kind of, you know, junk foods can really bring your emotions and, and feelings down because your brain and gut are linked, you know, it's interconnected. And so what they're saying is, you know, there's like, like the gut microbiome. Imagine they're like little animals in your gut and you've got to feed them the good bacteria, and if there's too much of the unhealthy stuff, they're unhappy sort of thing. And then you get IBS and bloated and all these kind of things. But yeah, it does feel like everyone's talking about it because it's like an enlight- it's like enlightenment when you hear, actually, wow, if I put these foods in my body, it's gonna make me feel like this. And it can, it can lead to anxiety and depression. You can really eat yourself into those feelings and so you've got to try and, again, reduce it where you can.

**NICK GRIMSHAW:** Yeah, I don't know why it shocked me, I was like, oh yeah, what I eat might affect my mood, like, yeah, of course, I don't know why... But it did, I feel like it's a new, new big discussion. Joe, I want to know exercises that are a no go. Ange doesn't like the TRX.

**JOE WICKS:** Yeah.

**NICK GRIMSHAW:** I personally really hate a walking lunge.

**JOE WICKS:** Right, yeah.

**ANGELA HARTNETT:** Oh, I don't mind a walking lunge.

**NICK GRIMSHAW:** Ugh, hate it.

**ANGELA HARTNETT:** I'm quite good at those as well.

**NICK GRIMSHAW:** Horrendous for me.

**ANGELA HARTNETT:** I've got a good form.

**NICK GRIMSHAW:** Is there anything, Joe, that you are like, it works, but personally it's not for me?

**JOE WICKS:** One of the hardest things, I think, you know when you do like a glute bridge where you like, you know you have like your feet on the floor and you put one leg up and then you sort of drive your hips off, so it's like working your butt, you know?

**NICK GRIMSHAW:** Yeah.

**JOE WICKS:** That is such a painful exercise because you can't cheat it and it's like, instantly hits the butt right there deep in the muscles. So for me, of all the mu- because I've got really tight buttocks already-

**NICK GRIMSHAW:** Oh!

**ANGELA HARTNETT:** Oh! Joe Wicks-

**JOE WICKS:** I'm really peachy, my bum from all the lunges and squats, you think, I've probably done a million lunges, a million deadlifts-

**NICK GRIMSHAW:** This morning.

**JOE WICKS:** -my butt is like, it's really big and it's really like, peachy and tight, so I can't-

[Laughter]

**JOE WICKS:** -can't do too many of those because it hurts.

**ANGELA HARTNETT:** Oh bless him.



**NICK GRIMSHAW:** I love that Joe's on to promote - his butt.

[Laughter]

**NICK GRIMSHAW:** Let's talk about Christmas. You, I imagine, are a family that loves getting together on Christmas time.

**JOE WICKS:** Yeah, I love Christmas. It's an amazing time of year. I'm going away for a little winter break, I do like a bit of winter sun, I'm taking the kids away for a week or so with Rosie. But I'm back for Christmas because I do like that- especially now with kids that are sort of five, six years old, my little nephews are very excited. So, I'm going to extend the invite to all my family. I know some of them aren't into it, they find it annoying, you know, we all wind each other up. But it's about the kids. It's about bringing everyone together. I said, look, just, two hours of your day for one day of the year, just come 'round. I'll cook everything. And then when the food's done, you can all p\*\*\* off back to your houses. And I'll see who turns up. But I'll invite, like, my side and Rosie's side.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** So potentially there could be, say, fifteen, twenty people. But I won't be offended if someone says, like, I want to just go to the pub and have it with my husband. But I don't know, I just think it's an important time to come together, and, you know, I know family like, you grate each other up a little bit. But you gotta just do that for the, you know, the grandkids, it's just having them around, it's fun. And so, I'm gonna do a little Christmas dinner at my house.

**ANGELA HARTNETT:** Lovely.

**JOE WICKS:** And I've got my massive like Weber barbecue. So what I do is I whack the turkey or the chicken in there and leave it outside.

**ANGELA HARTNETT:** Yeah.

**JOE WICKS:** Because I've only got a little oven. So, you know, you want to do your potatoes and veg inside and I'll do that and you know, stick a- you can do this, you know the beer can chicken thing? It's like a beer can thing where you can like stick herbs and basically beer if you want-

**ANGELA HARTNETT:** Put it inside.

**JOE WICKS:** -put it up it's bum, and then it cooks around it sort of thing.

**NICK GRIMSHAW:** And will you be the sole chef or will you have, will family help?

**JOE WICKS:** I'm not gonna lie, I do like the old, you know, pre-prepared stuffing balls and all that sort of stuff.

**NICK GRIMSHAW:** Oh yeah.

**JOE WICKS:** So I'll get the pigs in blankets and the stuffing balls.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Waitrose do very nice pigs in blankets and stuffing balls.

**JOE WICKS:** They do.

**NICK GRIMSHAW:** Yeah, Waitrose.

**JOE WICKS:** I mean, let's be honest, they do the best mince pies in town, don't they, as well?

**ANGELA HARTNETT:** Oh, very good, very good.

**JOE WICKS:** I will say, actually, their Christmas range is always amazing. I do like that. And you can really feel, like, it's coming, don't you, when you start seeing them on the shelves. But I actually, I'm not a fan of turkey, I think it's a bit dry.

**NICK GRIMSHAW:** Isn't it?

**JOE WICKS:** I'd rather do two or three really nice crispy chickens.

**ANGELA HARTNETT:** Yep.

**JOE WICKS:** I've never seen anyone, like, proper tuck into a turkey.

**NICK GRIMSHAW:** No.

**JOE WICKS:** Do you? You have a slice. But you're all about the- it's pigs in blankets and stuffing balls, isn't it?

**NICK GRIMSHAW:** Yeah, yeah.

**ANGELA HARTNETT:** I like all the accompaniments more than the meat.

**NICK GRIMSHAW:** Yeah, I like all the accessories.

**ANGELA HARTNETT:** Roast potato, the parsnips, the stuffing, all that sort of stuff.

**NICK GRIMSHAW:** Yeah, yeah. Do you, like- because once it gets to Christmas, I don't know what happens, but something takes over my brain and I can't stop binge eating.

**JOE WICKS:** Yeah.

**NICK GRIMSHAW:** So do you indulge come Christmas time?

**JOE WICKS:** My rules are this, right. Christmas Eve, Christmas Day, and Boxing Day is an all you can eat buffet.

**ANGELA HARTNETT:** Oh, love it!

**JOE WICKS:** Like, I don't want to be one of these guys, like, oh, you shouldn't do this, and you shouldn't, like, no, no, eat what you want, but, you know, stay active, go out for a walk on Christmas Day, go for a little bike ride, do a little workout in the garden, like, it's always good to do a bit of movement, but again, I just think some people, they just have a ten day break, two weeks off, and it's like, a blowout for two weeks. And they're not exercising, the booze and the partying. And then you wake up January and you go, I feel really naff about myself. So I think enjoy it over those three days, but just in the lead up to it, try and keep up your workouts, get back to, you know, New Year's day, get back into your gym and do your workout stuff. And, and then it's kind of like, you know, it's all good. But yeah, I'm all about the cheese board.

**NICK GRIMSHAW:** Oh, love a cheese board.

**JOE WICKS:** And I love chocolate, obviously like Quality Street and Roses.

**NICK GRIMSHAW:** Yeah.

**JOE WICKS:** I just love like, you know, just making like a sandwich the next day with the bubble and squeak.

**ANGELA HARTNETT:** That's the best.

**NICK GRIMSHAW:** That is better than the dinner, I think.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

*[Dinner table sounds]*

**NICK GRIMSHAW:** Right, Joe Wicks, we have come to the end of the show question. If you answer the question, this Waitrose goodie bag can be yours.

**JOE WICKS:** Okay.

**NICK GRIMSHAW:** Okay.

**JOE WICKS:** 'Joe, you are the author of ten Sunday Times best-selling cookbooks.'

**NICK GRIMSHAW:** Wow.

**JOE WICKS:** 'To win the Waitrose goodie bag, can you name all ten books in thirty seconds?'

**NICK GRIMSHAW:** Oh, that's too hard. One every three seconds?

**JOE WICKS:** I'll try. You ready?

**NICK GRIMSHAW:** Right, okay.

*[Timer beep sound, ticking sound]*

**JOE WICKS:** Lean in 15. The Shift Plan, The Shake Plan, The Sustain Plan.

**NICK GRIMSHAW:** Yeah.

**JOE WICKS:** The Fat Loss Plan.

**NICK GRIMSHAW:** Yeah.

**JOE WICKS:** Veggie Lean in 15. 30 Minute Meals. Cooking for Family and Friends. Feel Good Food.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Oh my God.

**ANGELA HARTNETT:** You're nearly there, you've got one more.

**JOE WICKS:** Kickstart Plan! Saturday Kickstart Plan.

**NICK GRIMSHAW:** Yes!

*[Applause]*

**NICK GRIMSHAW:** How many seconds?

[Applause]

**NICK GRIMSHAW:** Twenty-six seconds!

**JOE WICKS:** Yes. Oh, that's hard.

**ANGELA HARTNETT:** Woo!

**NICK GRIMSHAW:** Joe!

**ANGELA HARTNETT:** Well done Joe Wicks. Amazing.

**NICK GRIMSHAW:** Wow. So this goodie bag is yours, which is a work out in itself.

**JOE WICKS:** That's a lovely looking bag, isn't it?

**NICK GRIMSHAW:** There you go Joe, that's for you. We've basically done a big shop for you.

**JOE WICKS:** Ah, see I used to live near Waitrose, and I loved, I used to live in Surbiton, so I used to be down there every day. My dad and my brother were still in there every week. They're still good- the Wicks' are still shopping there.

**NICK GRIMSHAW:** Good to know.

**JOE WICKS:** I love, hang on a minute, I do love these sweets, but someone's put a can of sardines in there, haven't they?

**NICK GRIMSHAW:** Oh they've not? Oh my god.

**ANGELA HARTNETT:** Sardines you like though, no? Or is it anchovies?

**JOE WICKS:** I know who eats these, Rosie's dad.

**NICK GRIMSHAW:** Little Christmas treat for him there. Merry Christmas.

**JOE WICKS:** Oh lovely, and a bottle of gin as well.

**ANGELA HARTNETT:** Yeah, perfect.

**JOE WICKS:** That's a lovely gin that, that's a good one.

**NICK GRIMSHAW:** Joe, congratulations on the book. Have a wonderful Christmas.

**ANGELA HARTNETT:** Exactly. Yeah.

**NICK GRIMSHAW:** Joe Wicks everybody!

[Applause]

**NICK GRIMSHAW:** Thank you, Joe.

**ANGELA HARTNETT:** Thank you, Joe.

**JOE WICKS:** Thank you.

**ANGELA HARTNETT:** Happy Christmas.

**NICK GRIMSHAW:** Merry Christmas.

**JOE WICKS:** Merry Christmas. Thank you for an amazing evening.

**ANGELA HARTNETT:** Congratulations, yeah, to continued success.

**JOE WICKS:** That food really was outstanding, so lovely, thank you. That's an amazing goodie bag.

**NICK GRIMSHAW:** Isn't it?

**NICK GRIMSHAW:** Next week on Dish, it's Massimo Bottura. Emma's been on. She says 'Hi Massimo, does Massimo love Stanley Tucci, as much as Stanley Tucci loves Massimo?'

**MASSIMO BOTTURA:** I like this question...

**NICK GRIMSHAW:** And in a few weeks' time, Dawn O' Porter is gonna be here to talk about Choose Love. Choose Love is a charity that provides assistance and aid for refugees worldwide and you can check out their pop-up shop in Carnaby Street. I'm gonna go and do a little shift in there before Christmas.

**ANGELA HARTNETT:** Are you?

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Very good.

**NICK GRIMSHAW:** You can go and have a little look in Carnaby Street in London, or go on their website which is [choose.love](http://choose.love)

**ANGELA HARTNETT:** Details of all the delicious meals I've cooked on Dish can be found at [waitrose.com/dishrecipes](http://waitrose.com/dishrecipes). All the links are in our show notes.

**NICK GRIMSHAW:** Like what you hear? Then please share the love. Leave us a review on Apple Podcasts, Spotify, or wherever you are listening today.

**ANGELA HARTNETT:** Dish is a SE Creative Studio production.

**Waitrose Voiceover:** Food to feel good about