

## Lashana Lynch, broccoli & anchovy pasta and a Tre Fiori



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

**NICK GRIMSHAW:** Oh, hello. Welcome to Dish from Waitrose. I'm Nick Grimshaw.

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

**NICK GRIMSHAW:** And we are here for another episode of Dish.

**ANGELA HARTNETT:** Hee!

**NICK GRIMSHAW:** Wey!

**ANGELA HARTNETT:** Eee! Boom boom boom boom boom!

**NICK GRIMSHAW:** How are you today, Ange?

**ANGELA HARTNETT:** I'm very well, thanks. How are you?

**NICK GRIMSHAW:** Yeah, good. Are you hungry?

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** You bet you bloody better be.

**ANGELA HARTNETT:** Yes, actually, and I've got my favourite thing today.

**NICK GRIMSHAW:** I'm so ready for this.

**ANGELA HARTNETT:** You are.

**NICK GRIMSHAW:** So you are doing today pasta, but you're doing the pangritata, which is basically...

**ANGELA HARTNETT:** Breadcrumbs.

**NICK GRIMSHAW:** Breadcrumbs.

**ANGELA HARTNETT:** Toasted in-

**NICK GRIMSHAW:** Toasted, in what?

**ANGELA HARTNETT:** Butter.

**NICK GRIMSHAW:** Oh! On top of pasta? Because today we have Lashana Lynch joining us.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Who's a wonderful British actor, who has done so many great movies, won a Bafta.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** She did Bond, of course, she did Matilda the Musical, she appeared as Rita Marley in the Ben Marley movie, One Love. She's done incredible, incredible choices in cinema.

**ANGELA HARTNETT:** Huge amount, yeah.

**NICK GRIMSHAW:** But I do feel like you do save a pangritata for...

**ANGELA HARTNETT:** Special people?

**NICK GRIMSHAW:** Actresses.

**ANGELA HARTNETT:** Oh! Oh, cause Florence had one, didn't she?

**NICK GRIMSHAW:** Did Florence Pugh have one?

**ANGELA HARTNETT:** Florence, and there was someone else recently.

**PRODUCER:** Kaya Scodelario.

**NICK GRIMSHAW:** Kaya Scodelario had one?

**ANGELA HARTNETT:** That's right, yes.

**NICK GRIMSHAW:** And now, Lashana Lynch will be having a pangritata.

**ANGELA HARTNETT:** Maybe. It's not consciously done.

**NICK GRIMSHAW:** No, but there must be something in it where you're like, 'Mmm.'

**ANGELA HARTNETT:** Yeah, something.

**NICK GRIMSHAW:** Yeah, like movie stars deserve the best.

**ANGELA HARTNETT:** Movie stars.

**NICK GRIMSHAW:** They deserve the best.

**ANGELA HARTNETT:** They deserve a bit of crunch.

**NICK GRIMSHAW:** Deserve the best. She's been in so many great things, but today she's here to talk about her new series, The Day of the Jackal.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Starring Eddie Redmayne. Uh, before we welcome Lashana Lynch in, shall we have an email from a Dish listener?

**ANGELA HARTNETT:** Sure!

**NICK GRIMSHAW:** Let's do it. Subject line: 'Angela's perfect teeth.'

**ANGELA HARTNETT:** Teeth?

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Interesting.

**NICK GRIMSHAW:** ‘Hi Nick and Angela. I only recently pulled my chair up to the Dish table after being told how amazing it is by my daughters. On holiday, I gorged on past episodes, and I loved them all. I have met Angela.’

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** ‘While she attended the Travelling Feast in Cornwall, and as we were both queuing for the posh toilets.’

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** ‘Everyone told Angela she could skip the queue and go to the front, you know, because MBE OBE.’

*[laughs]*

**NICK GRIMSHAW:** ‘And she refused and waited in line like everyone else. She clearly is no diva.’

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** ‘Nick, would you have skipped the queue?’

**ANGELA HARTNETT:** Yes Nick.

**NICK GRIMSHAW:** No, I would not.

*[crew laughs]*

**ANGELA HARTNETT:** No, you wouldn't, you wouldn't. I know you wouldn't.

**NICK GRIMSHAW:** I went to a fashion show the other day with my mum.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And when we got there-

**ANGELA HARTNETT:** Can I just say the difference here? Travelling Feast, a field in Cornwall, fashion show, Mayfair, Bond Street-

**NICK GRIMSHAW:** Er, excuse me.

*[laughs]*

**NICK GRIMSHAW:** It was in the Docklands, thank you.

**ANGELA HARTNETT:** Oh, sorry.

**NICK GRIMSHAW:** Yeah, thank you.

**ANGELA HARTNETT:** Sorry, very well.

**NICK GRIMSHAW:** Yeah, it was in the Docklands.

**ANGELA HARTNETT:** Anyway, go on, tell us.

**NICK GRIMSHAW:** Thank you.

**ANGELA HARTNETT:** Tell us about the fashion show.

**NICK GRIMSHAW:** And I took my mum and there was a queue.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And I joined the queue and my mum was like, 'I don't think we should join the queue.'

*[laughs]*

**NICK GRIMSHAW:** I was like, 'Why shouldn't we join the queue?' she said, 'I just think we should push in at the front.'

**ANGELA HARTNETT:** Yeah. Good ol Eileen

**NICK GRIMSHAW:** And she was well up for pushing in. I said, 'Stay in the bloody queue Eileen.'

**ANGELA HARTNETT:** Yeah, I know, Eileen.

**NICK GRIMSHAW:** So no, I wouldn't have skipped.

**ANGELA HARTNETT:** No, I know you wouldn't-

**NICK GRIMSHAW:** My mother would have.

**ANGELA HARTNETT:** Mother.

**NICK GRIMSHAW:** 'We also did glamping locally. And to my utter surprise in the morning, I found Angela at the wash area brushing her teeth. Again, clearly no diva.'

**ANGELA HARTNETT:** Yeah. You gotta brush your teeth.

**NICK GRIMSHAW:** Gotta brush your teeth.

**ANGELA HARTNETT:** Gotta brush your teeth, glamping or no glamping.

**NICK GRIMSHAW:** But do it in the camping area, yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** My question to Angela is, 'Has she had to cook for a famous diva? And if so, was it through her perfect, gritted teeth?' That is from Annabelle. Thanks, Annabelle. Have you had to cook for a diva?

**ANGELA HARTNETT:** No, I don't think I have.

**NICK GRIMSHAW:** You don't have to name the names.

**ANGELA HARTNETT:** No, I don't think I've ever cooked for anyone that's been awful.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** I think, generally, some of the most famous people can be really shy. But, um, no, never.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** Always been- everyone's always been very nice.

**NICK GRIMSHAW:** Sometimes the more famous - I'm like, oh, that's why you're famous.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Cause you're like, charismatic.

**ANGELA HARTNETT:** Like Sir Michael Caine, I've cooked for him a few times.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** He, you'd go to the table and say, 'How are you,' everything... and he- he'd always stand up to say hello.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Which I think is a very class act.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Very class act, yeah.

**NICK GRIMSHAW:** Well, there we go, Annabelle. If you ever-

**ANGELA HARTNETT:** I was gonna say I cook for you each week, you're the biggest diva I'm cooking for.

**NICK GRIMSHAW:** As if!

[laughter]

**NICK GRIMSHAW:** I'm not!

**ANGELA HARTNETT:** I know you're not. Ooh!

[laughter]

**ANGELA HARTNETT:** Touched a nerve! [laughs]

**NICK GRIMSHAW:** If you want to email as a question, or a CV if you want to host it.

*[laughter]*

**NICK GRIMSHAW:** Feel free. Um, dish@waitrose.co.uk is the way to do it.

**ANGELA HARTNETT:** You can't do it without me.

**NICK GRIMSHAW:** I mean, they can do it with you. I'm f\*\*\*\*\* off.

*[laughter]*

**ANGELA HARTNETT:** Oh man, should we get our guest in?

**NICK GRIMSHAW:** Yeah, please. Let's get her in

*[theme music]*

**NICK GRIMSHAW:** A round of applause for Lashana Lynch everybody!

*[applause]*

**NICK GRIMSHAW:** Welcome!

**LASHANA LYNCH:** Woo, thank you!

**NICK GRIMSHAW:** How are ya?

**LASHANA LYNCH:** I'm good, I'm like, already chomping on crackers.

**NICK GRIMSHAW:** Yeah, do you know what I love? That you came in and you were like, 'The smell!'

**LASHANA LYNCH:** Got in like, 'Chilli.'

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

**LASHANA LYNCH:** 'Aromas.'

**NICK GRIMSHAW:** You've been over and had a nosy.



**LASHANA LYNCH:** Yes.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** How's it looking over there?

**LASHANA LYNCH:** Oh wonderful. Fresh, seasoned.

**NICK GRIMSHAW:** Mm-hm.

**LASHANA LYNCH:** Carby.

**NICK GRIMSHAW:** Yes!

**ANGELA HARTNETT:** Carby.

**NICK GRIMSHAW:** It's gonna be a good one. I'm ready for today.

**ANGELA HARTNETT:** We know.

**NICK GRIMSHAW:** I'm ready for today.

**LASHANA LYNCH:** Oh good.

**NICK GRIMSHAW:** I'm hungry. Um, how are you?

**LASHANA LYNCH:** I'm really good.

**NICK GRIMSHAW:** How is life right now?

**LASHANA LYNCH:** Yeah, really good. Yeah, I'm buzzy. I don't know why.

**NICK GRIMSHAW:** Oh good.

**LASHANA LYNCH:** Just to see you both...

**ANGELA HARTNETT:** Aw.

**LASHANA LYNCH:** But no, I'm really good, yeah.

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** You're busy busy, aren't you?

**LASHANA LYNCH:** I'm...

**NICK GRIMSHAW:** Well...

**LASHANA LYNCH:** Busy trying to take little bits of time here and there to like, enjoy the English rain, you know?

**NICK GRIMSHAW:** Yeah, gorgeous out there. Lovely out there, lovely out there.

**LASHANA LYNCH:** Exactly.

**NICK GRIMSHAW:** Now when we were doing your intro before and talking about the things that you've done and all you've achieved and we just, you know, just a few bits. You've really, really smashed it.

**LASHANA LYNCH:** Thank you.

**NICK GRIMSHAW:** Have you always been like a, 'I'm a doer, I want to achieve,' or has all this just been a natural, beautiful accident?

**LASHANA LYNCH:** It's funny that you said, said it like that, because I was like, that's my voice.

*[laughter]*

**LASHANA LYNCH:** How did he get that voice? Uh, yeah, doer.

**NICK GRIMSHAW:** Yes.

**LASHANA LYNCH:** Trying to be an overachiever, perfectionist, like, from primary school I've been wanting to do the thing.

**NICK GRIMSHAW:** Oh really?

**LASHANA LYNCH:** It wasn't always acting, but...

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Was it- at primary school, was it like everything?

**LASHANA LYNCH:** Singing, dancing, sketching, my fashion designs.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Ooh, yes.

**LASHANA LYNCH:** That no one saw but someday...

*[laughter]*

**LASHANA LYNCH:** It will be something. So I love to talk about how I played, I was the first girl to play Pinocchio in West London.

*[laughter]*

**LASHANA LYNCH:** Didn't you know? And it was great and that was like the starring role, and they were like, 'Wow, that girl's really got something.'

**NICK GRIMSHAW:** 'Wow, she's good.'

**LASHANA LYNCH:** Yeah, and then it kind of snowballed from there really, yeah.

**NICK GRIMSHAW:** And did your like parents think, good, and watch the shows, and you loved them being there and all of that?

**LASHANA LYNCH:** I loved it, yeah. My mum actually spoke the other day about the Christmas carols.

**NICK GRIMSHAW:** Oh yeah.

**LASHANA LYNCH:** Because you come across these clips of children just being like, 'Wah wah wah wah.' But she was like, oh she can actually sing, so that's good. It's not going to be like, 'Loved it, yeah!'

**NICK GRIMSHAW:** 'Oh, amazing!'

**LASHANA LYNCH:** ‘Fantastic!’ yeah.

**NICK GRIMSHAW:** Did you do any of that Ange? Did you do choir?

**ANGELA HARTNETT:** I didn't, I wasn't quite, ‘cause I had the worst voice ever. Because I've got a deeper voice, and I'm, it was an all-girl convent school, I was always playing the bloke in plays.

**LASHANA LYNCH:** No!

**ANGELA HARTNETT:** You know, it was a standard thing, you know, you know.

**NICK GRIMSHAW:** Who were you playing?

**ANGELA HARTNETT:** I was always the older brother, or the dad-

**LASHANA LYNCH:** Or the copper.

**ANGELA HARTNETT:** -or something, you know.

**LASHANA LYNCH:** Wow.

**NICK GRIMSHAW:** Alright?

**ANGELA HARTNETT:** There, you see? That's it, that's why I like my flat shoes and my trousers.

**NICK GRIMSHAW:** Love that.

**ANGELA HARTNETT:** Cause I'm typecast from...

**NICK GRIMSHAW:** Typecast for life.

**ANGELA HARTNETT:** Exactly.

[*chopping sounds*]

**NICK GRIMSHAW:** We've got something major for you today. We're going to go down the pasta road, which is a road we love here on Dish. Did you put that request in or is this a beautiful coincidence?

**LASHANA LYNCH:** No- no? I love pasta, like I could have it every day. It's the simple things, pasta shapes. I saw what Angela was making earlier and I was like, I've never seen that shape before. How do you make it with your thumb? I'm sure it's a like special, I don't know, old...

**ANGELA HARTNETT:** Orecchiette, it's like the ear, they call it like the earlobe. When they make it down in the south, they, you roll really thin pasta, but the secret is it's no egg in it, it's just flour and water.

**LASHANA LYNCH:** Oh?

**ANGELA HARTNETT:** And you roll it really thin, you cut it into like tiny little pieces with your, like, fingernail, and then you press with your thumb. And when you see these nonnas who are like ninety. And I mean they're this high or this high, and they're, flick, flick, flick. They do it so quickly. It's amazing. I've done it with them and I'm literally going, 'One, [*breathes heavily*].'

[laughter]

**ANGELA HARTNETT:** And they're like, do do do do.

**LASHANA LYNCH:** Woah.

**ANGELA HARTNETT:** Anyway, I can't say I made these ones by hand.

**LASHANA LYNCH:** That's alright.

**ANGELA HARTNETT:** But everything else is by hand.

**NICK GRIMSHAW:** Um, before we get into the pasta, we're going to have this, non-alcoholic cocktail, so cheers.

**LASHANA LYNCH:** Mm, cheers.

**NICK GRIMSHAW:** Welcome.

**LASHANA LYNCH:** I love the ice cube.

**NICK GRIMSHAW:** We are having a Caleño light and zesty non-alcoholic spritz. Mm.

**LASHANA LYNCH:** Caleño.

**NICK GRIMSHAW:** Cheers. That's quite good.

**LASHANA LYNCH:** That is zesty.

**NICK GRIMSHAW:** [*laughs*] That is zesty.

**LASHANA LYNCH:** The zest is there.

**NICK GRIMSHAW:** The zest is zesting.

**LASHANA LYNCH:** In the front and the back.

**NICK GRIMSHAW:** Mm.

**LASHANA LYNCH:** Oh, that's really nice.

**NICK GRIMSHAW:** Sometimes a non-alcoholic cocktail or mocktail just tastes like, oh, you just put water in this?

**LASHANA LYNCH:** Yes.

**NICK GRIMSHAW:** That's actually quite like, bitter and like, mm.

**LASHANA LYNCH:** It's that tart kind of...

**NICK GRIMSHAW:** The tartness, yeah.

**LASHANA LYNCH:** Mm. That's nice.

**NICK GRIMSHAW:** And now let's get into food chat whilst we are having our dinner prepared for us right now. This is what your people sent to our people.

**LASHANA LYNCH:** Oh God.

**NICK GRIMSHAW:** You are pescatarian?

**LASHANA LYNCH:** Yes.

**NICK GRIMSHAW:** Have you always been pescy?

**LASHANA LYNCH:** Fourteen years now.

**NICK GRIMSHAW:** Oh, wow. And what made you make the switch?

**LASHANA LYNCH:** I just felt like I was heavy in my system, and I was having skin issues and like, digestive issues, and I thought I'll just give it a try. So the worst place to do it is a Christmas holiday to Jamaica.

**NICK GRIMSHAW:** Oh, yeah.

**LASHANA LYNCH:** Which we went to on a family holiday, and I thought new year's, new year's day, I'm gonna do it. And I gave up, um, red meat.

**NICK GRIMSHAW:** Mm-hm.

**LASHANA LYNCH:** And kept chicken for like a year, and then I gave up chicken and then just felt great.

**NICK GRIMSHAW:** How did it go down with your family? Because I remember like, toying with being a vegetarian and my northern dad was like, 'You're mad!'

**LASHANA LYNCH:** [*laughs*]

**NICK GRIMSHAW:** The older generations are like, not into like, 'I'm not gonna eat meat.' How did it go down with your family?

**LASHANA LYNCH:** Um, my mum was, was great about it actually, surprisingly, she'd make like, different versions of things. Cause she loves to cook. And she's a wonderful cook. My other family members and family friends, they'd be like, 'I've just made you some chicken.' I'd be like, 'No, I'm pescetarian,' and they'd be like, 'But you can have chicken though.'

**NICK GRIMSHAW:** [*laughs*]

**LASHANA LYNCH:** 'No, I actually can't because I'm pescetarian.' They'd be like, 'Just have a little bit and it'll be fine. It's only a bit in the sauce. And then also there's some, there's some bacon in there as well. Just as a surprise.' So it wasn't that great.

**NICK GRIMSHAW:** No, no, no, no.

**LASHANA LYNCH:** No. I don't want to.

**NICK GRIMSHAW:** I don't want to. I don't want to.

**LASHANA LYNCH:** Thank you.

**NICK GRIMSHAW:** Remember that episode of the Royle Family where, did you ever watch the Royle Family with Caroline Aherne?

**LASHANA LYNCH:** Yes I did.

**NICK GRIMSHAW:** And there's a vegetarian and the grans like, 'But you can have like, wafer thin ham, right?'

*[laughter]*

**NICK GRIMSHAW:** And she was like, 'No,' and she's like, 'It's just wafer thin.' I mean it's like, it's ham, so no.

**LASHANA LYNCH:** Thank you so much.

**NICK GRIMSHAW:** I can't, I can't.

**LASHANA LYNCH:** Appreciate it.

**NICK GRIMSHAW:** Also on the food list was that you love hard cheese, but not soft ones.

**LASHANA LYNCH:** Yeah.

**NICK GRIMSHAW:** Yeah.

**LASHANA LYNCH:** I like the, um, I don't know, there's a, the texture and the...

**NICK GRIMSHAW:** Yes.

**LASHANA LYNCH:** I don't know what that taste is. I'd love to know the word.

**NICK GRIMSHAW:** Yeah what's the, what, what are we thinking of?



**ANGELA HARTNETT:** Unami I think it's what you're saying.

**NICK GRIMSHAW:** Unami.

**LASHANA LYNCH:** Unami. Yeah, it's really...

**ANGELA HARTNETT:** Like you get with Marmite.

**PRODUCER:** Umami.

**LASHANA LYNCH:** Umami?

**NICK GRIMSHAW:** Umami.

**ANGELA HARTNETT:** Umami. Sorry. I always say it wrong.

**LASHANA LYNCH:** I was like, 'Unami, yeah!'

**NICK GRIMSHAW:** I've never said that word right, ever, in the history of food, yeah.

**ANGELA HARTNETT:** I never do.

**LASHANA LYNCH:** Umi, yeah.

**NICK GRIMSHAW:** Um, yeah, and it says, 'Carbs are fine. You love bread and pasta. A lot of people in your game rule these out, but you say, life is too short,' is what we've heard. And I was like, people that don't eat pasta. Crazy...

**LASHANA LYNCH:** What are you doing?

**NICK GRIMSHAW:** What are you doing?

**LASHANA LYNCH:** Even just the idea of a pasta sauce, you're like, ooh, what are we going to put with that? Is it going to be little tubes? Is it going to be linguine? Oh my gosh, it's coming.

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

**LASHANA LYNCH:** *[laughs]*

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

**LASHANA LYNCH:** Wah! Sorry.

**NICK GRIMSHAW:** It is here.

**ANGELA HARTNETT:** It's a pleasure.

**NICK GRIMSHAW:** Wow, thank you Ange.

**ANGELA HARTNETT:** Here you go.

**NICK GRIMSHAW:** Oh my god, this is going to be great.

**LASHANA LYNCH:** That smells so nice.

**ANGELA HARTNETT:** If you want to put more anchovy, you can, and a little bit of crunchy bread on top.

**NICK GRIMSHAW:** Oh!

*[Dinner table sounds]*

**NICK GRIMSHAW:** This smells outrageous. What have we got? I can see it's pasta, but what is this, please?

**ANGELA HARTNETT:** So we have orecchiette with broccoli and anchovy with crispy bread on top.

**NICK GRIMSHAW:** Oh my god.

**ANGELA HARTNETT:** With chilli, garlic, and lemon zest.

**NICK GRIMSHAW:** Sorry, putting crispy bread on top of pasta.

**LASHANA LYNCH:** I know!

**ANGELA HARTNETT:** I know.

**NICK GRIMSHAW:** Fantastic. Fantastic.

**LASHANA LYNCH:** And what about the baguette on the side- oh, we got crackers.

**NICK GRIMSHAW:** Oh, and a bit of that. And chips.

[laughter]

**NICK GRIMSHAW:** Oh my god, love.

**ANGELA HARTNETT:** Yeah, but you two laugh at that.

**NICK GRIMSHAW:** No, I'm not.

**ANGELA HARTNETT:** When we have pasta at home, we- I live with an Italian guy, and then my husband's there and stuff, but literally you go scarpetta, you call it.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** And we're always after like a little bit of bread to mop up the sauce. And when I was younger, I used to say this is nuts, bread and pasta, but now we're always like, scarpetta. So you have your pasta, you have your bread on top. It's fabulous.

**NICK GRIMSHAW:** That's why Italy rules.

**ANGELA HARTNETT:** Italy rules.

**NICK GRIMSHAW:** That they've created a word for dipping bread in pasta.

**ANGELA HARTNETT:** Bread into sauce, yeah. Bon appétit.

**NICK GRIMSHAW:** How good is that?

**LASHANA LYNCH:** So you've just got me here, like, having pasta and having a nice chat?

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** We're not gonna like gunge you or anything.

[laughter]

**NICK GRIMSHAW:** Like-

**LASHANA LYNCH:** 'Psych! Now you've had your bowl.'

**NICK GRIMSHAW:** 'Psych! Here's Ant and Dec!'

**ANGELA HARTNETT:** Yeah, oh god.

**NICK GRIMSHAW:** Like it's just, it's just some nice pasta.

**LASHANA LYNCH:** Wow.

**NICK GRIMSHAW:** Just some nice pasta.

**LASHANA LYNCH:** So wonderful.

**NICK GRIMSHAW:** Um, talk to us about this, Angela. It smells delicious. It's absolutely outrageous, this, so, so tasty.

**ANGELA HARTNETT:** This is up your street, I think.

**NICK GRIMSHAW:** So up my street. Parmesan, anchovies. Talk us through how you make this. And it's like, the broccoli sort of is the sauce?

**ANGELA HARTNETT:** Yeah, you see, a lot of recipes that make it that you blanch the broccoli and then add it, toss it with the garlic and the chilli and the oil, but I like to cook it first and then chop it down finely, and then add it to the oil, garlic, chilli, add my anchovies, use the oil from the anchovies, and then let that become the sauce, cause then it coats all the pasta.

**NICK GRIMSHAW:** Ooh.

**LASHANA LYNCH:** Ooh.

**ANGELA HARTNETT:** Otherwise, I think it sort of sits aside, and that's what you want.

**NICK GRIMSHAW:** Mm.

**LASHANA LYNCH:** I genuinely want to know, is a lot of traditional Italian pasta sauces based like, with olive oil with it with ingredients inside?

**ANGELA HARTNETT:** In the south, yeah, in the south there is, more so than the north.

**LASHANA LYNCH:** Okay.

**ANGELA HARTNETT:** The north is a lot of meat-based sauces and lots more cheese, 'cause traditionally it's just a much richer area, whereas the south- and also the climate slightly colder in the winter, whereas the south is always much warmer.

**LASHANA LYNCH:** Yeah.

**ANGELA HARTNETT:** So then you've got tomatoes, aubergines, so you use a lot more olive oil, whereas the north is a lot more meat, more butter, cheese all the rest of it. And it's more egg pasta up there.

**NICK GRIMSHAW:** Mm.

**LASHANA LYNCH:** Oh.

**NICK GRIMSHAW:** I always think Italian is, the sauce ratio.

**ANGELA HARTNETT:** Oh yes.

**NICK GRIMSHAW:** Is a lot less than, like, my mum would do.

**ANGELA HARTNETT:** Yes, yes.

**NICK GRIMSHAW:** My mum would do, like, eighty percent sauce-

**ANGELA HARTNETT:** I know.

**NICK GRIMSHAW:** -twenty percent pasta. I

**ANGELA HARTNETT:** It's a very British thing.

**NICK GRIMSHAW:** And in Italy, it's just like, a little touch.

**LASHANA LYNCH:** Yes, that's true.

**ANGELA HARTNETT:** Yeah. It's there to bind it.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Pasta's the key. Pasta's the show.

**NICK GRIMSHAW:** Pasta's the thing, yeah, pasta's the thing.

**ANGELA HARTNETT:** I know. I was saying that yesterday. I was in the restaurant. I was going, 'What? What have I said? Two thirds pasta, one third sauce!' That's your ratio, you see.

**NICK GRIMSHAW:** Mm-hm. Mm.

**ANGELA HARTNETT:** Say that to your mum next time, 'Ange says...'

**NICK GRIMSHAW:** 'Ange says.' And this recipe has no cheese, right?

**ANGELA HARTNETT:** I put a little bit of cheese. I like a little bit of parmesan.

**NICK GRIMSHAW:** Little bit of cheese. Okay.

**ANGELA HARTNETT:** You don't have to, but I like it because I think it sort of montés in right at the end.

**NICK GRIMSHAW:** Mm-hm.

**LASHANA LYNCH:** I can taste it.

**NICK GRIMSHAW:** And is there like a hard and fast rule of not having cheese with pasta with fish?

**ANGELA HARTNETT:** No, I used to think that, but now I think that's just a load of old nonsense.

**NICK GRIMSHAW:** Okay, good [*laughs*].

**NICK GRIMSHAW:** Cause that's what I like to hear.

**ANGELA HARTNETT:** Because you use the sea- parmesan, which is salty, or any hard cheese, as the seasoning.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** I learned that off Ruggiero in Veneto.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** See? This old man I was cooking with one day, and I saw him make this massive pan of all this seafood pasta. Like, it had langoustines in there, mussels, everything. And then I saw him go in with parmesan, I was like, 'What are you doing, Ruggiero?' And he goes, 'But this is the salt.' And it acts as the salt, you see.

**NICK GRIMSHAW:** Oh, yeah, acts as the salt.

**LASHANA LYNCH:** When they do this, they say, 'Would you like some cheese on your pasta?' and you say, 'Yes,' are you supposed to mix it in or is it more of a like...

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** We finish it in the kitchen with it in, and it's a little sprinkling on top. But it's but it's not there to season it up afterwards.

**NICK GRIMSHAW:** Oh okay.

**ANGELA HARTNETT:** It should all be finished already. It just adds, adds another extra layer if you like.

**NICK GRIMSHAW:** Oh yeah. I love. But, so-

**ANGELA HARTNETT:** But I could just eat parmesan with butter and pasta.

**LASHANA LYNCH:** Mm!

**ANGELA HARTNETT:** Like there's a thing that they call 'in Bianco', because it's white, you know, and it's just, you know, pasta with butter and parmesan. And honestly, a little black pepper, that's just perfect.

[*salt grinder sounds*]

**NICK GRIMSHAW:** Lashana, talk to me about what you like cooking, because do you like doing a pasta, if you had a dinner party, if we came to yours, would this be something that we'd see 'round Casa Lashana?

**LASHANA LYNCH:** Um, a pasta, a roasted fish.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Oh nice.

**LASHANA LYNCH:** Usually a salmon or a sea bass.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** A load of herbs, loads of garlic.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** Which is why when I came in I was like, garlic!

**NICK GRIMSHAW:** Yeah.

**LASHANA LYNCH:** Um...

**ANGELA HARTNETT:** Do you like lots of spice in your cooking and stuff?

**LASHANA LYNCH:** Yes, I do. I'm Jamaican, so it's blasphemy not to have...

**ANGELA HARTNETT:** [*laughs*]

**LASHANA LYNCH:** You don't have spice? Get out.

**NICK GRIMSHAW:** Get out of here.



**LASHANA LYNCH:** Yeah, exactly. I like saucy things. I don't like dry food. Everything has to kind of be like, a bit like Christmas, but not. You've got like little bits of things. Random roast potato with like, rosemary.

**NICK GRIMSHAW:** Yes.

**LASHANA LYNCH:** But it doesn't necessarily go with pasta, but who's making the rules? Not me.

**ANGELA HARTNETT:** It doesn't matter, exactly.

**NICK GRIMSHAW:** Angela is very of that school of, no rules.

**ANGELA HARTNETT:** Yeah, yeah.

**LASHANA LYNCH:** Okay, okay.

**NICK GRIMSHAW:** That is good, that is good.

**LASHANA LYNCH:** I just like people to be full.

**NICK GRIMSHAW:** You said your mum's a great cook, is there anything that you love when you're away and you know you're on set and you're filming and you're out in the rain and you're like, 'Mum, I need...'

**LASHANA LYNCH:** Um, well we call it fish tea.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm-hm.

**LASHANA LYNCH:** But it's a fish soup.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** Okay.

**LASHANA LYNCH:** So it's a brothy soup with a fish head.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** With potatoes, yam, carrots, dumplings, pumpkin.

**ANGELA HARTNETT:** So it's quite thick with all that in there?

**LASHANA LYNCH:** No, the food is still solid. You know like when you boil a potato but too much, it's a little mashed?

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** But the broth is still brothy.

**ANGELA HARTNETT:** Oh wow.

**LASHANA LYNCH:** It's so nice, you put a scotch bonnet in there, doesn't burst, do not cut it up.

**NICK GRIMSHAW:** Don't cut it up.

*[laughter]*

**NICK GRIMSHAW:** Do not cut it.

**LASHANA LYNCH:** I mean, unless you wanna be a bit risqué. Um, that's what I usually ask for. Or brown stew fish with rice and peas.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Oh love.

**LASHANA LYNCH:** That's like a...

**ANGELA HARTNETT:** Yeah, I bet.

**NICK GRIMSHAW:** And will your mum be like, 'Yes, I will do that fish.'

**LASHANA LYNCH:** Yeah she actually does!

**NICK GRIMSHAW:** Oh good!

**ANGELA HARTNETT:** Aw!

**NICK GRIMSHAW:** Love.

**LASHANA LYNCH:** Cause I'm away for long periods of time.

**ANGELA HARTNETT:** Course, yeah.

**LASHANA LYNCH:** And she's like, 'I've cooked you a pot,' she'll put like the cling film over it and be like, 'Come and collect it.'

**NICK GRIMSHAW:** Aw, mum.

**LASHANA LYNCH:** Yeah, and then while I'm there I'll eat something else, and then I'll take my food home.

**NICK GRIMSHAW:** Yes, thank you mum.

**LASHANA LYNCH:** I bring my tupperware the other things.

*[laughter]*

**NICK GRIMSHAW:** And I'm gonna fill these boxes.

**LASHANA LYNCH:** Exactly. 'You don't need this do you?'

**NICK GRIMSHAW:** I'm gonna fill these boxes, sure. Were you like- your mum was a great cook when you were younger, were you all encouraged to cook and be in the kitchen together, or was it like, 'This is my room, please leave'?

**ANGELA HARTNETT:** Yeah, yeah.

**LASHANA LYNCH:** I mean, that please leave is very real.

**NICK GRIMSHAW:** Yeah.

**LASHANA LYNCH:** Like, why are you taking up space?

**ANGELA HARTNETT:** Hovering, yeah.

**LASHANA LYNCH:** But I liked making dumplings.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Okay, yeah.

**LASHANA LYNCH:** It's really simple, but like, just the idea of it, I used to make shapes or like little men.

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Aw yeah.

**LASHANA LYNCH:** Put them on the radiator.

**NICK GRIMSHAW:** Aw.

**LASHANA LYNCH:** Not to eat, but just to have as an ornament.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Like little Play-Doh men.

**LASHANA LYNCH:** See, distracting her from the real stuff.

**NICK GRIMSHAW:** Yeah!

**LASHANA LYNCH:** But I'm still an assistant.

**NICK GRIMSHAW:** Yeah. Still worked.

**LASHANA LYNCH:** Exactly. But I lived between my mum's house and my nan's house.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Right.

**LASHANA LYNCH:** So, I had like, different types of experiences in the kitchen.

**NICK GRIMSHAW:** Mm-hm.

**LASHANA LYNCH:** So, my nan was really old school.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** And would just kind of, you know, expect me to be in the kitchen and just watch and just like...

**ANGELA HARTNETT:** Learn.

**LASHANA LYNCH:** Learn, go to the market, went to Shepherd's Bush market a lot as a child. And then at home it was more like, I'll let you know when it's ready.

**NICK GRIMSHAW:** Yeah, yeah, yeah.

**LASHANA LYNCH:** Just stop bothering me.

**NICK GRIMSHAW:** Just stop bothering me.

**ANGELA HARTNETT:** But did you like living with your grandmother then? You must have.

**LASHANA LYNCH:** I did. Yeah, I did. I don't remember like, really grasping much.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** But somehow it's interesting that things just seep in.

**ANGELA HARTNETT:** Stick with you.

**LASHANA LYNCH:** Yeah. Cause the way that I cook now is not traditionally Jamaican.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** Because I was raised here. But there is like a kind of in between where you're like, oh, I have to have some spice, oh, I have, I must get scotch bonnet. Or there's a way that we do pumpkin or, that is just, I don't know.

**ANGELA HARTNETT:** Quintessentially, yeah.

**LASHANA LYNCH:** Your own kind of blend of the two.

**NICK GRIMSHAW:** Yeah. You're right, it does seep in, I think, and I think without you knowing, you're just like witnessing it and tasting it, I guess, and it just gets in there.

**LASHANA LYNCH:** Yeah.

**ANGELA HARTNETT:** And actually, it's probably the taste thing, because if you were brought up from such a young age tasting it and how it should taste, then if you taste something that's not, you're gonna figure out, actually, does it need more spice, what's missing, is it like that? And then you figure it out.

**LASHANA LYNCH:** Mm.

**NICK GRIMSHAW:** So, the broccoli and anchovy pasta. If you want to try this, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes). All the recipes that we do on dish are on there.

**ANGELA HARTNETT:** Yep.

**NICK GRIMSHAW:** That is so good.

**ANGELA HARTNETT:** Thank you.

**NICK GRIMSHAW:** That is so tasty. There's also a wine pairing if you want to have a wine with it. Oh Ange, give me this in your best Italian.

**ANGELA HARTNETT:** So we've got Tre Fiori Greco di Tufo.

**NICK GRIMSHAW:** Yes, thank you.

**LASHANA LYNCH:** Ooh.

**ANGELA HARTNETT:** There you go.

**NICK GRIMSHAW:** Thank you.

**ANGELA HARTNETT:** Which is, 'Crisp and refreshing with a mouth-watering mineral finish.'

**NICK GRIMSHAW:** Mm. Oh that'd be nice with this.

**ANGELA HARTNETT:** Very nice. Made in Italy, there you go.

**NICK GRIMSHAW:** Go on then, let's have a bit.

**ANGELA HARTNETT:** We'll have a little try.

**NICK GRIMSHAW:** Let's have a little try.

**ANGELA HARTNETT:** We can try.

**NICK GRIMSHAW:** Little try, just to see. Just to see.

**LASHANA LYNCH:** Don't mind me, um. I'm busy.

**ANGELA HARTNETT:** You're, you're on the food.

**NICK GRIMSHAW:** Thank you.

**ANGELA HARTNETT:** We have more if you would like more.

**NICK GRIMSHAW:** There's more.

**ANGELA HARTNETT:** There's more.

**LASHANA LYNCH:** I brought my tupperware.

**ANGELA HARTNETT:** We're gonna give you tupperware, don't you worry.  
Take what you want.

**NICK GRIMSHAW:** She brought her own Tupperware.

**LASHANA LYNCH:** Thank you.

**NICK GRIMSHAW:** But yeah, this wine will be perfect with this. Balance out the salt of the, um, anchovies.

**ANGELA HARTNETT:** Exactly. No, perfect with the pasta.

**NICK GRIMSHAW:** Mm!

*[drink pouring sounds]*

**NICK GRIMSHAW:** Shall we talk about the Day of the Jackal? Please tell us about this brand-new show on Sky. An iconic story.

**LASHANA LYNCH:** Mm.

**NICK GRIMSHAW:** A legendary one. So it's based on the Frederick Forsyth novel.

**LASHANA LYNCH:** Yes. Then film.

**NICK GRIMSHAW:** Then film.

**LASHANA LYNCH:** And now ten-part series on Sky and Peacock.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** Out November 7<sup>th</sup>.

**NICK GRIMSHAW:** Yeah!

**LASHANA LYNCH:** Um, yeah, it's, it's very fresh. It's quite dark. The pace is nice.

**NICK GRIMSHAW:** Yes.

**LASHANA LYNCH:** And the cliffhangers are good.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** And everything in between is just very juicy and emotional and broad in scale and scope, and just kind of immerses you in in the world.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** And it's like, nicely scary.



**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Mm.

**LASHANA LYNCH:** There's some characters that are a little, a little like, you wonder if they're in your living room while you're watching.

**NICK GRIMSHAW:** Yeah, love that feeling.

**LASHANA LYNCH:** Yeah, yeah, good, good, good.

**NICK GRIMSHAW:** Like, [*laughing sounds into crying sounds*]

**LASHANA LYNCH:** [*laughing sounds into crying sounds*]

**ANGELA HARTNETT:** No, but they're scary, 'cause I watched- I love the original film and then when I was watching it, I thought, what frightens me about this is it feels like it's, well it is day to day.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Without spoiling it, the first big thing that happens in the first bit you think that could happen.

**LASHANA LYNCH:** Yes.

**ANGELA HARTNETT:** That could easily happen.

**LASHANA LYNCH:** Yeah.

**ANGELA HARTNETT:** And then the other things you think, that easily could happen. You're like, oh my god, is this based on something they haven't told us? Is this really, you know...

**LASHANA LYNCH:** Mmm.

**ANGELA HARTNETT:** Then I've got, you know, conspiracy theory, you know.

**NICK GRIMSHAW:** That's when it's scary.

**ANGELA HARTNETT:** You know, really real.

**LASHANA LYNCH:** Yes.

**NICK GRIMSHAW:** When it could be real.

**LASHANA LYNCH:** Yes.

**NICK GRIMSHAW:** That's why I always thought Luther was really scary.

**ANGELA HARTNETT:** Oh god.

**LASHANA LYNCH:** I thought that when I first watched it as well.

**NICK GRIMSHAW:** Cause I was like, that is too scary.

**LASHANA LYNCH:** Yeah.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** Mm-hm, mm-hm.

**NICK GRIMSHAW:** Whereas when it's like set in space, I'm like, yeah, that's fine.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** That's fine. I'm never going there.

**NICK GRIMSHAW:** I'm never going to space. Yeah, this is scary 'cause like this could happen. This could happen.

**LASHANA LYNCH:** Yeah, yeah, yeah.

**NICK GRIMSHAW:** I always want to know, like, how do you know like- this is good, this is really good. How do you know that a show's gonna be good? Because what happens? Does someone tell you? They're like, this is actually fantastic. Do you have to trust your gut? Do you read the entire script? Like, how do you know before you sign up?

**LASHANA LYNCH:** You don't have a clue.

**NICK GRIMSHAW:** That's scary.

**LASHANA LYNCH:** It's terrifying!

**NICK GRIMSHAW:** That's scary!

[laughter]

**NICK GRIMSHAW:** That's scary.

**LASHANA LYNCH:** It's scarier than, than...

**ANGELA HARTNETT:** Everything else going on in the script. Yeah, yeah.

**LASHANA LYNCH:** Honestly, it's terrifying. So, you read, if it's a TV show, you read the first three episodes, if it's a film, you read the current draft, which could change.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Mm.

**LASHANA LYNCH:** Um, if it's anything else, it's maybe up in the air, like there's no script or there's going to be a script when you get here, but just not now.

**ANGELA HARTNETT:** Mm.

**LASHANA LYNCH:** And you have to just go on gut.

**NICK GRIMSHAW:** Mm-hm.

**LASHANA LYNCH:** I'm very gut driven anyway, so I'm like, I just have a feeling this is going to be really bad.

**ANGELA HARTNETT:** Sorry-

[laughter]

**LASHANA LYNCH:** So I'm not going to do this one.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** So sometimes they'll send you stuff that's just the first couple of episodes and they haven't written the rest of it.

**LASHANA LYNCH:** Sometimes, yeah.

**ANGELA HARTNETT:** So you don't even know what's going to happen?

**LASHANA LYNCH:** Yep.

**ANGELA HARTNETT:** Jeepers.

**LASHANA LYNCH:** I know.

**NICK GRIMSHAW:** That is scary.

**LASHANA LYNCH:** I know.

**ANGELA HARTNETT:** That is because also, yeah, 'cause you could get blown up in the third one. You're like, what have I signed up for this if I'm in, you know.

**LASHANA LYNCH:** It's true!

**NICK GRIMSHAW:** Booked a year off for this.

**ANGELA HARTNETT:** Yeah!

**LASHANA LYNCH:** Exactly! I thought this was going to change my life.

**ANGELA HARTNETT:** I turned down Dish and now I'm not, you know, what the hell?

**NICK GRIMSHAW:** Could have been doing Dish.

**ANGELA HARTNETT:** No but that, yeah. Oh, I didn't realise, I thought it was...

**NICK GRIMSHAW:** I guess when you find out what people are doing it, you must like know.

**LASHANA LYNCH:** Yeah, as time goes on, you kind of gravitate towards the names that you like and the quality of the work.

**ANGELA HARTNETT:** Sure. Yeah.

**LASHANA LYNCH:** Or, I don't know, is rich in, just like content.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** Do you know what I mean? It's not repeating itself, or it's not typical for that network or that country, or that kind of character.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** Which is what I found Bianca was.

**NICK GRIMSHAW:** Yeah.

**LASHANA LYNCH:** I thought, oh, she's, she's MI6 but like, she's got all these like, issues.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Yeah.

**LASHANA LYNCH:** She's just battling with herself, and it's like, really like-

**NICK GRIMSHAW:** Texture.

**LASHANA LYNCH:** Yeah, really nice texture.

**ANGELA HARTNETT:** And it's not just a straight, you know, here's the assassin, here's the person trying to find the assassin.

**LASHANA LYNCH:** No.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** There's all the subplots, you know, there's Northern Ireland plot suddenly coming in, you go into Germany, you've got this and it's like, well actually this is all how it probably is in the world, you know.

**LASHANA LYNCH:** Yeah, there's a lot of cultures in this show, which is wonderful.

**ANGELA HARTNETT:** There are yeah. Do you shoot in London? You get to go anywhere? No?

**LASHANA LYNCH:** No we actually did!

**ANGELA HARTNETT:** Ooh, fab.

**LASHANA LYNCH:** Uh, we shot the most of it in Budapest.

**ANGELA HARTNETT:** Oh, wow.

**LASHANA LYNCH:** And Croatia.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Nice.

**LASHANA LYNCH:** And then we shot two weeks in London.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Right, yeah.

**NICK GRIMSHAW:** And how long are you away when you're doing a show like this? A while?

**LASHANA LYNCH:** Eight months, this was.

**ANGELA HARTNETT:** [*gasps*]

**LASHANA LYNCH:** [*laughs*]

**NICK GRIMSHAW:** That is, sorry, that is-

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

**NICK GRIMSHAW:** -that is a long time to be away from your, like, life, innit? Your everyday life.

**LASHANA LYNCH:** Yes! Yes!

**ANGELA HARTNETT:** And do you get a time off? Do you say, I just want to go on holiday for two weeks? No, that's it. Eight weeks. You're committed-

**NICK GRIMSHAW:** Eight months!

**LASHANA LYNCH:** I'd love to see the studio-

**ANGELA HARTNETT:** Eight months! Oh god!

**NICK GRIMSHAW:** It's not eight weeks.

**LASHANA LYNCH:** Did you think it was eight weeks?

**NICK GRIMSHAW:** Eight months.

**ANGELA HARTNETT:** Oh my god.

**LASHANA LYNCH:** Angela if you come across a contract that's eight weeks, but as good as The Jackal-

**NICK GRIMSHAW:** You do it. Yeah.

**LASHANA LYNCH:** Let me know.

**NICK GRIMSHAW:** Eight weeks is like, we're setting up a camera. That's like eight weeks in.

**LASHANA LYNCH:** But you promised! No.

**ANGELA HARTNETT:** So you can't even, and that's even worse then. So in eight months you can't get to skip off for a, you know, a few days away with your mates.

**LASHANA LYNCH:** I mean, at the very beginning, maybe the first seven weeks.

**ANGELA HARTNETT:** Right.

**LASHANA LYNCH:** When I was on, Eddie was off, um, and vice versa. So I'd get to go back to London for like a week.

**ANGELA HARTNETT:** Yeah, that I never quite get because I'm an idiot, I think it's all filmed in the way you see it.

**NICK GRIMSHAW:** In order, yeah.

**ANGELA HARTNETT:** [*laughs*]

**LASHANA LYNCH:** I love that!

**NICK GRIMSHAW:** I think that as well! I still think that.

**ANGELA HARTNETT:** I think that they...

**NICK GRIMSHAW:** I'm like, well obviously this show is shot in chronological order.

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

**LASHANA LYNCH:** Oh my gosh!

**ANGELA HARTNETT:** And now they're going to Germany, boom boom boom.

**LASHANA LYNCH:** And then we all have to go to Germany for that one scene.

**ANGELA HARTNETT:** Yeah, yeah.

**LASHANA LYNCH:** And then come back to-

**NICK GRIMSHAW:** And then come back.

**ANGELA HARTNETT:** Yeah, we're the idiots who think that.



**NICK GRIMSHAW:** Yeah, we're idiots.

[laughter]

**LASHANA LYNCH:** Oh, I love that!

**NICK GRIMSHAW:** I think we should keep- we believe in the story.

**ANGELA HARTNETT:** Yeah, we believe, you see that's convi- you convinced us, you see.

**LASHANA LYNCH:** Good.

[dinner table sounds]

**NICK GRIMSHAW:** Now this is not the first time that you've played an MI6 agent.

**LASHANA LYNCH:** It's not.

**NICK GRIMSHAW:** It is not. Can we talk Bond?

**LASHANA LYNCH:** Yes.

**NICK GRIMSHAW:** What is that like when you get that call and who calls you? Is it your agent? Is it Daniel Craig?

[laughter]

**NICK GRIMSHAW:** Who calls? Like, what happens?

**LASHANA LYNCH:** 'Hey, Danny.'

**NICK GRIMSHAW:** 'Hey, it's Danny.'

[laughter]

**LASHANA LYNCH:** Never call him Danny.

**NICK GRIMSHAW:** Never call him that. To be an actor entering a Bond film, like, how does the news get broken or approached? Do you audition?

**LASHANA LYNCH:** I definitely auditioned.

**NICK GRIMSHAW:** Uh-huh.

**LASHANA LYNCH:** I taped. So I did a play by a writer-director called Debbie Tucker Green at the Royal Court Theatre. And Barbara Broccoli produced that play.

**NICK GRIMSHAW:** Mm.

**LASHANA LYNCH:** So I was trying for like the entire run to be like, ‘is Barbara seeing the play? Is Barbara seeing the play?’ I was like, ugh, ‘cause she'd not seen the play, and it's, we've done now and whatever, maybe she'll see me act one day. And then maybe two weeks after we closed, we got a call about ‘a’ film. We didn't know it was Bond because she does other things.

**NICK GRIMSHAW:** Mm-hm.

**LASHANA LYNCH:** And I sent a tape for Casino Royale or something. It was one of the Bond monologues that you know.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** And then the following year, because it was the end of the year, so that was what? Spanning three months.

**ANGELA HARTNETT:** Mm.

**LASHANA LYNCH:** Got another call to do another tape, and I was like, what is it now? Like...

**NICK GRIMSHAW:** What is it, Barbara?

**LASHANA LYNCH:** What is it?

**ANGELA HARTNETT:** You had no idea they weren't telling you?

**LASHANA LYNCH:** No, I mean, by this time, you're like...

**ANGELA HARTNETT:** You had a clue.

**LASHANA LYNCH:** You knew it's something.

**ANGELA HARTNETT:** Yeah, sure.

**LASHANA LYNCH:** But after that, she just skipped the tape and was like, I want you to just come in and meet Daniel. I was like, as in Danny Craig?

[laughter]

**NICK GRIMSHAW:** Dan Craig?

**LASHANA LYNCH:** What?

**NICK GRIMSHAW:** What?

**LASHANA LYNCH:** Yeah, so we went to Pinewood Studios and sat and read some scenes.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Wow.

**LASHANA LYNCH:** And it was lovely, and really fun and chill, actually.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** Probably one of the most chill auditions I've had ever.

**NICK GRIMSHAW:** Really?

**LASHANA LYNCH:** Cause sometimes they're like, eee! And I get very like, I care so much, so I'm like, 'I learned them! And- I learned them mummy!'

[laughter]

**LASHANA LYNCH:** And then I forget my lines and I'm like, 'Sorry, I'm just overwhelmed!' Um, so that went well, and then they asked me back, like, four days later?

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** And it was a similar kind of thing. By the way, didn't know about the whole 007 thing at this point.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Mm.

**LASHANA LYNCH:** Like I just thought, ooh, I'm possibly going to be in a Bond film, that's great. And then you go downstairs and you do a stunt test.

**ANGELA HARTNETT:** Oh.

**LASHANA LYNCH:** And then you find your inhaler.

[laughter]

**LASHANA LYNCH:** Which is what I do.

**NICK GRIMSHAW:** Get that out.

**LASHANA LYNCH:** And then you get home.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Wow. And can you, like, I would not be able to not tell someone that I've been like down at Pinewood and I've met Daniel Craig and like Barbara Broccoli is, let's face it, obsessed with me.

[laughter]

**NICK GRIMSHAW:** Like can you like tell someone, just a little bit? Like a relative.

**ANGELA HARTNETT:** Were you allowed to tell your mum?

**NICK GRIMSHAW:** Like you've gotta tell like, your mum.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** Mm-hm...

**ANGELA HARTNETT:** Oh...

[laughter]

**ANGELA HARTNETT:** Very coy, very coy.

**NICK GRIMSHAW:** Yes, no.

**LASHANA LYNCH:** I mean... I'm really private and I don't actually tell many people about auditions anyway.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** It would be my mum or my best friend.

**NICK GRIMSHAW:** If you did.

**LASHANA LYNCH:** If I did.

**NICK GRIMSHAW:** But did she?

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** I dunno!

[laughter]

**NICK GRIMSHAW:** Find out next time.

**ANGELA HARTNETT:** She might, she might not.

**LASHANA LYNCH:** Honestly, if I told her she's not telling anyone, she's like, 'Don't you dare tell anyone. Don't you ruin this for yourself.'

**ANGELA HARTNETT:** Yeah, yeah.

**LASHANA LYNCH:** Protect the experience.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yes.

**LASHANA LYNCH:** And like, just get it and then everyone's gonna know anyway.

**NICK GRIMSHAW:** Yeah, yeah.

**LASHANA LYNCH:** And she's like, and then everyone will know.

**ANGELA HARTNETT:** Yeah, of course.

**LASHANA LYNCH:** And it will be news.

**NICK GRIMSHAW:** Everyone did know.

**ANGELA HARTNETT:** Huge, huge.

**LASHANA LYNCH:** I know, I know.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** But then I got the, I went to see a, um, Cillian Murphy in a play at the Barbican.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** And I came out on my phone, had like, six missed calls from my team.

**ANGELA HARTNETT:** Mm.

**LASHANA LYNCH:** And I was like, well, it can't be the thing, but- 'cause was just like, two days ago.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** And that's a really quick turnaround. And um, yeah when you call your team, 'cause they're half in the UK and half in the US, you call one they're like, hold on, let me connect so and so hold on, let me connect so and so and they're like, just wait there, we just need one more person, I'm like...

**NICK GRIMSHAW:** What is going on?

**LASHANA LYNCH:** Just tell me something.

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

**LASHANA LYNCH:** Um, and they all came on, they were like, 'Congratulations!'

**ANGELA HARTNETT:** Oh wow!

**NICK GRIMSHAW:** Oh my god!

**LASHANA LYNCH:** 'Oh my gosh!' And I was like, 'Sorry, I can't, I can't hear,' there's a duck there.

*[laughter]*

**LASHANA LYNCH:** You know, you know the Barbican's like, concrete.

**NICK GRIMSHAW:** It's all concrete.

**ANGELA HARTNETT:** Yeah, yeah.

**LASHANA LYNCH:** Yeah, and I'm like, 'I can't really hear, people are walking around. Did you just say I'm going to possibly be in a Bond film?' They were like, 'Yeah, life's gonna change, ahh!' and I was like, 'Wow.'

**NICK GRIMSHAW:** Wow.

**LASHANA LYNCH:** 'So like, what is it?'

**NICK GRIMSHAW:** Yeah.

**LASHANA LYNCH:** Cause I didn't know anything. And that's when I found out about... the 007 thing.

**ANGELA HARTNETT:** Dun dun dun.

**NICK GRIMSHAW:** Oh my god. You're like, hang on a second.

**LASHANA LYNCH:** Wait.

**NICK GRIMSHAW:** Someone better tell Daniel.

[laughter]

**LASHANA LYNCH:** Exactly. Does he know?

**NICK GRIMSHAW:** Does...

**ANGELA HARTNETT:** Does he know he's losing a job?

**LASHANA LYNCH:** Dun dun dun.

**NICK GRIMSHAW:** What about like, you played the, traditionally a boy in Pinocchio, you could be the next, you know, James Bond, Daniel Craig's stepped down. Come on. Pinocchio it.

**ANGELA HARTNETT:** [laughs] Pinocchio it.

**LASHANA LYNCH:** Do you really think so?

**NICK GRIMSHAW:** Why the hell not?

**LASHANA LYNCH:** I don't know.

**NICK GRIMSHAW:** Come on.

**LASHANA LYNCH:** I just don't know if the world- you know what the world's like.

**ANGELA HARTNETT:** The world's ready for a female Bond or something.

**LASHANA LYNCH:** I don't... I just don't think they... I think it's an exciting idea.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Mm.

**LASHANA LYNCH:** And a revolutionary idea.



**ANGELA HARTNETT:** Yeah.

**LASHANA LYNCH:** I just feel like people would be like, ‘Yay- hold on, what does that mean?’

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Mm.

**LASHANA LYNCH:** And then like, what does it mean for her?

**NICK GRIMSHAW:** Mm-hm.

**LASHANA LYNCH:** And what does it mean for the franchise? And like, for me as a fan, I've been a fan for fifty years and what does that mean, with like my beliefs in this franchise? I think it just throws up so many questions.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm-hm.

**LASHANA LYNCH:** You know? So I... [*unsure noises*]

**NICK GRIMSHAW:** [*unsure noises*]

**LASHANA LYNCH:** I dunno. I'm not contracted by the way.

[*laughter*]

**LASHANA LYNCH:** Just in case you ask that question.

[*dinner table sounds*]

**NICK GRIMSHAW:** We come to the end of the show question. We have a question for you in here, should you answer this question - you don't have to.

**ANGELA HARTNETT:** Correctly.

**LASHANA LYNCH:** Ooh!

[laughter]

**ANGELA HARTNETT:** Isn't it correctly?

**NICK GRIMSHAW:** If you choose to answer it-

**ANGELA HARTNETT:** Oh, choose to answer it, yeah.

**NICK GRIMSHAW:** Choose to answer it.

**ANGELA HARTNETT:** Sorry.

**NICK GRIMSHAW:** This Waitrose goodie bag-

[laughter]

**ANGELA HARTNETT:** Sorry, sorry. I didn't mean it like that.

**NICK GRIMSHAW:** -would be yours.

**LASHANA LYNCH:** Open it now?

**NICK GRIMSHAW:** Yes please.

**ANGELA HARTNETT:** Yes, please.

**NICK GRIMSHAW:** Here we go.

**LASHANA LYNCH:** 'For your chance to win a Waitrose goodie bag, who is the most famous person who has cooked for you, or you have cooked for?'

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** [laughs]

**NICK GRIMSHAW:** Okay. Good question.

**LASHANA LYNCH:** Um, Angela. You!

**NICK GRIMSHAW:** Aw!

*[room goes 'Aw!']*

**NICK GRIMSHAW:** Aw, Ange!

*[applause]*

**ANGELA HARTNETT:** Thank you, you've been amazing, you've been brilliant

**LASHANA LYNCH:** Thank you. Thank you. Wonderful.

**NICK GRIMSHAW:** Thank you so much. That was fab.

**NICK GRIMSHAW:** Coming up next week on Dish, we have Richard E. Grant

**NICK GRIMSHAW:** Will you watch yourself back on the telly, Richard?

**RICHARD E. GRANT:** I think it's like sex, you love doing it. You love doing the acting stuff, but you do not want to watch the replay afterwards, do you know what I mean? I think it's as simple as that.

**ANGELA HARTNETT:** If you would like to recreate any of the meals I make on Dish, you can find the ingredients and the method on [waitrose.com/dishrecipes](http://waitrose.com/dishrecipes)

**NICK GRIMSHAW:** We love hearing from you, so please, come on, send us a question, I read them, Angela answers them. If you want to do it, [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk)

**ANGELA HARTNETT:** Dish is a S:E Creative Studio Production

**VOICEOVER:** Waitrose, food to feel good about