

Natalie Portman, broccoli tabbouleh and a paloma



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

NICK GRIMSHAW: Hello, welcome to Dish from Waitrose. I'm Nick Grimshaw.

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: And today, very excitingly, we bring you our very first Oscar winning guest on Dish.

ANGELA HARTNETT: I know.

NICK GRIMSHAW: And that's right, Tom.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Yeah, wow. Wow.

ANGELA HARTNETT: Huge wow.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Wow. It is very wow.

ANGELA HARTNETT: It is wow.

NICK GRIMSHAW: Someone in the office said to me, ‘Do you think she'll have it with her?’

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: I said, no, I don't think that our guest today-

ANGELA HARTNETT: She walks around.

NICK GRIMSHAW: -Natalie Portman will be carrying her Oscar around. Yeah, I mean, I doubt it.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Very excited. Natalie Portman, you will know of course as an Oscar winning actress, director, activist as well. She is gonna give good guest, I think.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Don't you think?

ANGELA HARTNETT: I think she'll be brilliant.

NICK GRIMSHAW: I think she manages to be really good at her job.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: As an actress. But also, she's not in your face Natalie Portman, is she?

ANGELA HARTNETT: No, I think she's very private.

NICK GRIMSHAW: No one's like, got it, Natalie Portman. But then I think when she goes on things, like when you see her on like Graham Norton-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -Saturday Night Live, she takes the piss out of herself.

ANGELA HARTNETT: Yeah, yeah. She's good. She's fun.

NICK GRIMSHAW: Do you remember when she did the rap on Saturday Night Live?

ANGELA HARTNETT: I do.

NICK GRIMSHAW: Like it was about eleven, twelve years ago or something.

ANGELA HARTNETT: I don't remember watching it live, but I've seen it. Yeah.

NICK GRIMSHAW: Yeah, and the the whole situation was like, 'Oh what are you up to when you're not being an actress?' And it was like, the joke was—

ANGELA HARTNETT: Yeah she took the mickey out of herself.

NICK GRIMSHAW: —yeah she was like an extreme alcoholic and drug addict who like smashes bottles on people's heads.

ANGELA HARTNETT: *[laughs]* Much like yourself on your day off, I've heard. *[laughs]*

NICK GRIMSHAW: Excuse me! Pot, kettle!

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Here to talk about her brand new film.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: And she's done some mega films. I was looking to, Leon, which was her breakthrough film, was thirty years old last year.

ANGELA HARTNETT: Yeah, I mean, she's been acting for a long time, and she's only in her—

NICK GRIMSHAW: I mean, she was a child.

ANGELA HARTNETT: -early forties.

NICK GRIMSHAW: -when she was in it.

ANGELA HARTNETT: She was a child.

NICK GRIMSHAW: Yeah, child when she was in.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: She like turned, I think she's turned thirteen when she was making it?

ANGELA HARTNETT: Yeah, she's pretty amazing.

NICK GRIMSHAW: I also, I don't know why, but I'm really excited by the fact that she lives in Paris.

ANGELA HARTNETT: Oh yeah.

NICK GRIMSHAW: I just think that's quite a chic choice-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -for, you know...

ANGELA HARTNETT: That's true, she's lived there a while, hasn't she, yeah.

NICK GRIMSHAW: For someone that's in Hollywood to be like, I'm... see you later Hollywood, I'm gonna live in Paris.

ANGELA HARTNETT: But she's the type you'll see in Paris just walking down the road, casually, going in for a little coffee.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: A little dinner.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: You know, a little bistro she passed on the left bank kind of thing.

NICK GRIMSHAW: Basically, what we're saying is we're both obsessed with Natalie Portman.

ANGELA HARTNETT: *[laughs]* We wanna be there in Paris with her.

NICK GRIMSHAW: Yeah, we do. So we've got, we'er gonna get her in in a second and then she's gotta go, she's gotta get the train to Paris.

ANGELA HARTNETT: She's busy, she's busy, yeah.

NICK GRIMSHAW: Well, before we welcome Natalie Portman in, let's say hello to Ellie who has got in touch, who says, 'Hi Dish duo. First of all, a big thanks. I managed to acquire a head injury recently.'

ANGELA HARTNETT: Oh. Poor thing.

NICK GRIMSHAW: 'And your podcast has been pure joy during my concussion recovery.'

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: 'The perfect mix of light listening and feeling like I'm in a fab little celeb dinner party. Even more effective when you're temporarily slightly brain damaged,' says Ellie,

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: She's all right now.

ANGELA HARTNETT: She's good.

NICK GRIMSHAW: Have you ever had concussion?

ANGELA HARTNETT: No.

NICK GRIMSHAW: I had it once and my agent didn't believe me, 'cause I was trying to get out of a job for ages-

ANGELA HARTNETT: Oh I remember you telling me.

NICK GRIMSHAW: -and then on the day I actually did get concussion, and she was like, yeah, nice one, get in the car. I was like, 'I think my brain's bleeding.'

[laughs]

NICK GRIMSHAW: She did it twice, the other time was when I burnt my hand and she didn't believe me about that either. And then I had to go DJ-

ANGELA HARTNETT: Cry wolf, are you.

NICK GRIMSHAW: -and then go to a hospital for burns.

ANGELA HARTNETT: I'm Caroline's way. I like her.

NICK GRIMSHAW: She was like, 'Darling, just get the music playing.'

ANGELA HARTNETT: [laughs]

NICK GRIMSHAW: 'Hospital's 24 hours.'

ANGELA HARTNETT: [laughs]

NICK GRIMSHAW: 'You're done at eleven.' Not joking. Anyway, Ellie, hope your concussion's better. Ellie's question is, 'What would you both opt to cook for a night in alone? Apart from a bowl of cereal, what would you do for a Friday?' Now I will say I love cereal for my tea, for dinner.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Love it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mesh says it's deeply depressing, and he goes, he goes mad if I have cereal for my tea, 'cause he thinks it's like a spiral to chaos.

ANGELA HARTNETT: Jerry Seinfeld always used to have that in Seinfeld.

NICK GRIMSHAW: I love it!

ANGELA HARTNETT: Always cereal was everything.

NICK GRIMSHAW: Love it. So Friday night, you are in, you've not been invited out with, I don't know, Sir Jonathan Pryce, or a Pet Shop Boy.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: But you're in. God forbid.

ANGELA HARTNETT: God forbid.

NICK GRIMSHAW: What would you cook for yourself?

ANGELA HARTNETT: Uh, a chicken schnitzel. That's what I would cook.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So like-

NICK GRIMSHAW: Breadcrumbs?

ANGELA HARTNETT: Breadcrumbed.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: You know, butterflied.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Dipped in egg and flour in Japanese breadcrumbs.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: And then a really nice green salad.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Done.

NICK GRIMSHAW: You do the breadcrumbs, and then do you pan fry it or oven cook it?

ANGELA HARTNETT: Pan fry it. You can oven cook it, but I pan fry it in a little bit of olive oil and tiny knob of butter at the end.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: Fresh lemon on top, a little bit of garlic or anchovy-

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: -if you've got anchovy-

NICK GRIMSHAW: Oh yeah, an anchovy on top.

ANGELA HARTNETT: -anchovy on top.

NICK GRIMSHAW: Yes please.

ANGELA HARTNETT: Yeah, that's it, lovely, that's what I think.

NICK GRIMSHAW: I quite like an egg, and an anchovy on top.

ANGELA HARTNETT: Oh, look at you.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Not, not sure about the egg for my supper.

NICK GRIMSHAW: No?

ANGELA HARTNETT: No, not for that. Eggs for breakfast.

NICK GRIMSHAW: Okay, well, you're not gonna like what my answer is.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Because I do scrambled eggs on toast.

ANGELA HARTNETT: Really?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: That's a good choice though.

NICK GRIMSHAW: With like loads of butter, loads of salt.

ANGELA HARTNETT: Few anchovies?

NICK GRIMSHAW: No anchovies.

ANGELA HARTNETT: Oh, okay.

NICK GRIMSHAW: I just do like a very buttery scrambled egg on really nice toast.

ANGELA HARTNETT: Are your scrambled quite, are they folded or whisked?

NICK GRIMSHAW: Mm... erm...

ANGELA HARTNETT: When you cook them in the pan.

NICK GRIMSHAW: Oh yeah, not bitty.

ANGELA HARTNETT: No, not bitty.

NICK GRIMSHAW: More folded.

ANGELA HARTNETT: Oh good.

NICK GRIMSHAW: Yeah, more folded.

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: I don't like it when it's like, er...

ANGELA HARTNETT: Broken up.

NICK GRIMSHAW: No.

ANGELA HARTNETT: No, no.

NICK GRIMSHAW: Not crumby egg.

ANGELA HARTNETT: No, no.

NICK GRIMSHAW: More of a creamy slop.

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: *[laughing]* Is what I'd be going for, yeah.

ANGELA HARTNETT: We love the slop.

NICK GRIMSHAW: Slop.

ANGELA HARTNETT: Perfect.

NICK GRIMSHAW: Yeah, a creamy slop, is what I'd go for. If you ever wanna get in touch with us on the podcast, whether you have concussion or not, email us dish@waitrose.co.uk, if you wanna come and say hi. Shall we get Natalie Portman in?

ANGELA HARTNETT: I think so. We're ready to roll. Let's go.

[theme music]

NICK GRIMSHAW: This is very exciting now, and a bit of Dish history because we have our first ever Oscar winning guest.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: No less, on Dish.

NATALIE PORTMAN: Wow, honoured.

NICK GRIMSHAW: Yeah, that is true.

ANGELA HARTNETT: We are honoured.

NATALIE PORTMAN: *[laughs]*

NICK GRIMSHAW: Can we have a round applause please for the awesome Natalie Portman, everybody!

ANGELA HARTNETT: Woo!

NICK GRIMSHAW: Welcome!

NATALIE PORTMAN: Thank you.

NICK GRIMSHAW: Hi.

NATALIE PORTMAN: Thanks for having me and thanks for this beautiful meal.

NICK GRIMSHAW: Oh my God-

ANGELA HARTNETT: Oh, pleasure.

NICK GRIMSHAW: -thank you.

ANGELA HARTNETT: Pleasure.

NICK GRIMSHAW: How are you? How is life, Natalie?

NATALIE PORTMAN: I'm good, life's good.

ANGELA & NICK: Yeah?

NATALIE PORTMAN: Yeah.

NICK GRIMSHAW: The excitement today has been sky high. We were very excited about you coming on, because we wanna talk about your film, we wanna talk about your life, but also, you're someone that, that loves food, that loves to eat.

ANGELA HARTNETT: Mm.

NATALIE PORTMAN: And I also love talking about food.

ANGELA HARTNETT: Nice.

NATALIE PORTMAN: So this is just so fun for me.

ANGELA HARTNETT: That's perfect. You are our ideal guest.

NICK GRIMSHAW: That's the dream situation. Yes, that's the entire podcast, yeah. I was chatting with my friend Drew Elliot.

NATALIE PORTMAN: Drew Elliot?!

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yes.

NATALIE PORTMAN: Tell Drew Elliot I say hi and I miss him.

NICK GRIMSHAW: So I was chatting to Drew Elliot, my friend Drew, and we were having a back and forth, and he said, 'What are you doing?' I said, 'I've got Natalie Portman on Dish tomorrow,' and he said, 'I went to summer camp with her.'

NATALIE PORTMAN: We did go to summer camp.

NICK GRIMSHAW: I was like, what?!

ANGELA HARTNETT: Wow.

NATALIE PORTMAN: Did he tell you about the big fight we had?

NICK GRIMSHAW: Was it due to a retainer?

NATALIE PORTMAN: Yes *[laughs]*

NICK GRIMSHAW: Okay.

[laughter]

NICK GRIMSHAW: Okay. All he said was, 'Ask her about my retainer.' What happened? *[laughs]*

ANGELA HARTNETT: Yeah. Do tell us.

NATALIE PORTMAN: Well, we'd have the, like, you know, like lunchroom.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: Where we all had lunch together. It was theatre camp by the way.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Oh, okay.

NATALIE PORTMAN: So we spent the whole day doing like singing, and dancing, and acting classes. And then we'd gather for lunch.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: And Drew would take his retainer out and put it on the table while we were having lunch. And I said, 'Please don't do that.'

[laughter]

NATALIE PORTMAN: 'It's unappetising.' And he was very offended.

ANGELA HARTNETT: *[laughing]* Yeah.

NATALIE PORTMAN: He didn't talk to me for a little.

NICK GRIMSHAW: Oh.

NATALIE PORTMAN: But then we made up.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: How long was it, 'cause I imagine quite dramatic at a theatre camp, a fallout...

[crew laugh]

ANGELA HARTNETT: Yes.

NATALIE PORTMAN: It was a dramatic theatre camp fall out.

[laughter]

NICK GRIMSHAW: Drew...

NATALIE PORTMAN: I don't remember.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: But did he put it away? Or he left it there.

NATALIE PORTMAN: I think he did put it away.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: But also like, iced me-

ANGELA HARTNETT: Under duress.

NATALIE PORTMAN: -for a few weeks.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah [*laughs*]

NICK GRIMSHAW: He never recovered, he's got the most f***** up teeth you've ever seen.

[*laughter*]

NICK GRIMSHAW: He's like that. [*muffled*] He's like this. He's not really.

ANGELA HARTNETT: It's where Natalie destroyed it the next day, yeah.

NICK GRIMSHAW: I was like, no way. That's so funny.

NATALIE PORTMAN: I love that Drew.

NICK GRIMSHAW: We love that Drew. We love that Drew.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: We mentioned awards, not just any measly shmeasly award at the start of the show, we- the big O. The Oscar. Whathappens to, one, life when you go to things, afterwards? 'Cause imagine like your day-to-day life is pretty much the same, but what happens when you start winning an Oscar,

and you win these big awards? Do you think about your career differently? Does it make people behave to you differently? What happens? Or you're just like, eh.

NATALIE PORTMAN: No. No, I don't think so. The main thing was I was pregnant when I went through that award season, so I couldn't drink at all.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

NATALIE PORTMAN: During like all of those events [*laughs*]

ANGELA HARTNETT: [*laughs*]

NATALIE PORTMAN: Which was hard.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: Uh, 'cause...

[*laughter*]

NATALIE PORTMAN: It's a lot of like-

NICK GRIMSHAW: But they're more hardcore than you, it's- it's a campaign.

NATALIE PORTMAN: It's a lot of stress.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yes, yeah.

NATALIE PORTMAN: It's a lot of attention.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: It's a lot of...

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: And I was sober while everyone else was not.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: And also, I was so big, like everyone was like, 'Oh, you're gonna pop,' like, and I was like, 'I'm four months pregnant.'

[laughter]

NATALIE PORTMAN: Like everyone was like, 'You must be giving birth tomorrow!'

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Oh, just what you need.

NATALIE PORTMAN: 'Hope it doesn't happen on the red carpet,' I was like, 'I got five more months to go!'

[laughter]

NATALIE PORTMAN: Um... yeah, so I was probably the only actress eating my way to the, to the Oscars, like...

[laughter]

NICK GRIMSHAW: Yeah, yeah, yeah.

NATALIE PORTMAN: I really, um... I had a, I had a mille-feuille every day, that was when I was still vegetarian.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Mm.

NATALIE PORTMAN: I had one every day of my pregnancy.

NICK GRIMSHAW: Congr- absolutely.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: It was...

NICK GRIMSHAW: Yeah. Needed.

NATALIE PORTMAN: A Joy.

NICK GRIMSHAW: Needed. And then where is it now? Like where, where do you put it?

NATALIE PORTMAN: It's in my safe. You know, someone said to me like, it's literally like in the Bible when they talk about like, golden idol worship.

NICK GRIMSHAW: Right.

NATALIE PORTMAN: You know?

ANGELA HARTNETT: Right.

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: It's literally that.

NICK GRIMSHAW: *[laughing]* Yeah.

NATALIE PORTMAN: And I was like, oh yeah.

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: So, I-

NICK GRIMSHAW: Stick it in the safe.

NATALIE PORTMAN: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. I mean, it's always one of those things, 'cause when you, you know, you- we have people on or I have people on the radio who've won awards.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: And I always think... because you don't know, have them like out out, because it's quite crazy to have it like in your living room.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You know, like your family will be like, 'We get it.'

NATALIE PORTMAN: It's a little like having like a giant portrait of yourself on the wall.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, yeah.

NATALIE PORTMAN: You know, it's like-

NICK GRIMSHAW: And also, also it's-

NATALIE PORTMAN: Some people do it, but...

ANGELA HARTNETT: Some people do.

NICK GRIMSHAW: Some people do. But yeah, you know, but it's also something that, you know, you worked hard at, and you're talented and you deserved it, so it's one of those funny things, like I always, I remember-

NATALIE PORTMAN: I don't know, a lot of people work hard, and a lot of people are talented. It's fine.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: [*laughs*] It's like-

NICK GRIMSHAW: Yeah, stick it in the safe!

ANGELA HARTNETT: Cause, you're— yeah, people like footballers will have their shirts up, or records—

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: —you know, people do have lots up.

NICK GRIMSHAW: Yeah! I always remember Florence of and The Machine fame, having her BRIT award or one of her BRIT awards as a kitchen roll holder.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: Oh that's cool!

NICK GRIMSHAW: I was like that's quite good, cause it's there, but it's covered.

NATALIE PORTMAN: That's a good idea.

NICK GRIMSHAW: So yeah good idea—

ANGELA HARTNETT: Practical. Yeah I like that idea.

NICK GRIMSHAW: Yeah stick a kitchen roll on your Oscar.

NATALIE PORTMAN: That's a good idea.

ANGELA & NICK: Yeah!

NICK GRIMSHAW: Cause then you know, it's head's popping out.

ANGELA HARTNETT: Yeah, nice, done.

NATALIE PORTMAN: That's a real, like, kind of like back handed—

ANGELA & NICK: Yeah.

NATALIE PORTMAN: —like, flex. *[laughs]*

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah, it's a, it just helps me more.

NATALIE PORTMAN: Whatever, I don't even, care.

NICK GRIMSHAW: Yeah! *[laughs]*

ANGELA HARTNETT: *[laughs]*

[drink pouring sounds]

NICK GRIMSHAW: Now, when it came to your drink of choice, we had the following sent from Team Natalie, which was, 'Tea, tequila, water, wine.'

NATALIE PORTMAN: *[laughs]*

NICK GRIMSHAW: Yes.

NATALIE PORTMAN: Correct.

[laughter]

NICK GRIMSHAW: Yeah, correct. We've, we've gone for-

NATALIE PORTMAN: In no particular order.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah. We've gone for a paloma, is that a, a favourite, is that something you enjoy?

NATALIE PORTMAN: I, I do like a paloma.

NICK GRIMSHAW: Uh-huh.

NATALIE PORTMAN: Um, I also like a margarita.

NICK GRIMSHAW: Uh-huh.

NATALIE PORTMAN: I like spice in it sometimes.

NICK GRIMSHAW: Mm-hm. And I like that we're having a sort of midday tequila.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: Midday cocktail is...

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: Just how life should be.

NICK GRIMSHAW: Right.

NATALIE PORTMAN: Yeah.

NICK GRIMSHAW: Does it happen often?

NATALIE PORTMAN: Never.

NICK GRIMSHAW: No.

NATALIE PORTMAN: *[laughs]*

ANGELA HARTNETT: Day off today.

NATALIE PORTMAN: I'll be taking a nap on the train home.

[laughter]

NICK GRIMSHAW: *[laughing]* Yeah.

NATALIE PORTMAN: I am of that age now.

NICK GRIMSHAW: Uh-huh. I know, we had one recently on a record and I had one, and then when I got home I was watering my plants, and I was like, I'm fully pissed.

[laughter]

NICK GRIMSHAW: I'm like fully in the garden like this, I was like, wow, I've reached that age. Like one-

ANGELA HARTNETT: Doesn't take much.

NICK GRIMSHAW: -one drink is a mess, yeah.

ANGELA HARTNETT: When you get to a certain age.

NICK GRIMSHAW: What happens after Dish today?

NATALIE PORTMAN: I get back on the train.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: Home to Paris,

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: It would be perfect time for post-cocktail nap.

NICK GRIMSHAW: Yeah, good night on the Eurostar. Now we're gonna go through some of your food likes and food dislikes, as we always like to. We had a great list. Starting with the smaller list, the dislikes.

NATALIE PORTMAN: Okay.

NICK GRIMSHAW: There was basically just one. You don't like fruit in salad?

NATALIE PORTMAN: Yes. Well, also I'm vegan, so it-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: That's-

NATALIE PORTMAN: That's a, a huge list of things I don't eat.

NICK GRIMSHAW: Yes.

NATALIE PORTMAN: Not because I don't like, but I choose not to eat them. Once you're vegan, you can't be very picky.

NICK GRIMSHAW: *[laughing]* Yeah.

[laughter]

NATALIE PORTMAN: Or you're not left with a lot to eat. But yeah, and even fruit in salad, I will make exceptions, like...

NICK GRIMSHAW: Okay.

NATALIE PORTMAN: I do like some citrus with some fennel, if for, you know.

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: If there's, I have exceptions. I just don't love like, you know...

ANGELA HARTNETT: You don't want a big watermelon salad or something.

NATALIE PORTMAN: Dry cranberry, or a...

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: Also, I think it's a thing because I don't eat cheese. 'Cause like, often if you have like apple in salad, you put a cheese in.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah, sure.

NATALIE PORTMAN: And when you don't have that balance, it just makes it sweet.

NICK GRIMSHAW: Yeah. What's the biggest offender for you? Is there one way you're like, that is particularly offensive to me?

NATALIE PORTMAN: Strawberries are pretty rough.

NICK GRIMSHAW: I think it's strawberries.

ANGELA HARTNETT: Strawberries.

NATALIE PORTMAN: Strawberry is rough.

NICK GRIMSHAW: Strawberries-

NATALIE PORTMAN: Berries in general.

NICK GRIMSHAW: Yes.

NATALIE PORTMAN: Like, blueberries-

ANGELA HARTNETT: Plus they go mushy I imagine in a salad.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: They just break up. Like what's the, yeah, I don't get that.

NICK GRIMSHAW: Yeah, a strawberry. Do you do ever do a recipe with a strawberry in a salad, Ange?

ANGELA HARTNETT: Never. Never.

NICK GRIMSHAW: Not now.

[crew laugh]

ANGELA HARTNETT: No. I don't even like it when strawberries, one time a chef put up a dish for me when he puts scallops up with strawberries.

NATALIE PORTMAN: Ooh rough.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Well, exactly-

NICK GRIMSHAW: No.

ANGELA HARTNETT: -I said, wrong on every level.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Out.

NICK GRIMSHAW: Out!

ANGELA HARTNETT: Out, out the door.

NICK GRIMSHAW: He was fired.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: *[laughs]*

ANGELA HARTNETT: And he's never looked back.

NICK GRIMSHAW: Poor guy, yeah.

ANGELA HARTNETT: He's gonna do something totally different.

NATALIE PORTMAN: Yeah.

ANGELA HARTNETT: No, no, no, no. But there's certain things that I'm with you on there.

NATALIE PORTMAN: Yeah.

ANGELA HARTNETT: Fruit in a fruitcake.

NICK GRIMSHAW: Yes.

NATALIE PORTMAN: Exactly. Or a fruit salad.

ANGELA HARTNETT: Exactly.

NATALIE PORTMAN: Fruit salad is fine.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Perfect.

NICK GRIMSHAW: It's fine. Just not fruit.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: In the salad.

ANGELA HARTNETT: We're with you, we're with you.

NICK GRIMSHAW: Now, I knew this, and I'd done my Natalie Portman research and I knew like, 'cause I was with you, like strawberry in a salad, not for me, gross. And then when Ange, you were finishing off this meal Ange said, 'Put the nuts on,' which was my contribution, I sprinkled some-

NATALIE PORTMAN: Great.

NICK GRIMSHAW: Uh, uh-

ANGELA HARTNETT: Critical to the dish.

NICK GRIMSHAW: -some nuts on-

NATALIE PORTMAN: Great.

NICK GRIMSHAW: -on at the end. And then also Ange gave me an orange and I started grating it and I was like, *[slow motion]* 'She hates fruit in salad!'

[laughter]

NICK GRIMSHAW: I was like, *[slow motion]* 'Nooo!' And I'd started the zest. Grate.

NATALIE PORTMAN: I like zest.

NICK GRIMSHAW: Yeah, zest.

NATALIE PORTMAN: I like zest.

NICK GRIMSHAW: Zest is fine.

NATALIE PORTMAN: Citrus is different.

[crew laugh]

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Okay.

NATALIE PORTMAN: And citrus is different.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Good.

NATALIE PORTMAN: That's a different category.

NICK GRIMSHAW: Okay, good.

ANGELA HARTNETT: It's on its own though.

NATALIE PORTMAN: Yeah.

NICK GRIMSHAW: Yeah, because I was like, s***. Should we try the, the salad?

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: I would love-

NICK GRIMSHAW: Please.

ANGELA HARTNETT: Let's do it.

NICK GRIMSHAW: What have we got here today, Angela? What have you made for Natalie?

ANGELA HARTNETT: So we have a broccoli tabbouleh. So I've added some grilled asparagus, courgette, and lovely pistachios, thank you very much.

NICK GRIMSHAW: You're welcome.

ANGELA HARTNETT: Fresh lemon rind, it's for -orange-

NICK GRIMSHAW: Orange.

ANGELA HARTNETT: Orange, excuse me, orange.

NICK GRIMSHAW: No strawberries.

ANGELA HARTNETT: No strawberries.

NICK GRIMSHAW: No strawberries.

NATALIE PORTMAN: Delightful.

ANGELA HARTNETT: And we've made this lovely little dressing, which is with a bit of orange juice, touch of olive oil, little bit of spice in there and seasoning, and then that goes on top as well.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: Yum.

ANGELA HARTNETT: And then we've got also some hummus and some baba ganoush, and then some crackers as well.

NATALIE PORTMAN: Thank you.

NICK GRIMSHAW: Oh, delicious.

NATALIE PORTMAN: Thank you.

NICK GRIMSHAW: Tell us about the hummus and baba ganoush recipes, 'cause who's were, these recipes? Was this a-

ANGELA HARTNETT: So these are both Waitrose recipes.

NICK GRIMSHAW: Yes, okay good, yeah.

ANGELA HARTNETT: Lovely Waitrose.

NICK GRIMSHAW: Yeah, yeah.

ANGELA HARTNETT: So our baba ganoush, aubergine that you roast on your plancha or on a griddle, till they're really burnt, peel off all the skin, chop that all up. Then you've got preserved lemon in there, tahini, some garlic, cumin, little bit of sesame seeds toasted on the top, olive oil, and a bit of parsley if you'd like.

NICK GRIMSHAW: Mmm.

NATALIE PORTMAN: Delightful.

ANGELA HARTNETT: And then with our-

NICK GRIMSHAW: Do you want some baba ganoush?

ANGELA HARTNETT: Yeah, baba ganoush.

NATALIE PORTMAN: Thank you.

ANGELA HARTNETT: And then with our hummus, again chickpeas, we've got those through there with preserved lemon-

NICK GRIMSHAW: I'd love some.

ANGELA HARTNETT: -some garlic.

NICK GRIMSHAW: Do you want some Ange?

ANGELA HARTNETT: Yes please. A little bit of tahini, our olive oil, and then some za'atar on top.

NICK GRIMSHAW: Mmm.

NATALIE PORTMAN: Okay, I have a bulgur question.

NICK GRIMSHAW: Please.

ANGELA HARTNETT: Okay.

NATALIE PORTMAN: How do you cook the bulgur? Because a friend of mine, who learned from some friends of hers who, it's part of their culture.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: Said that they just soaked it in lemon juice, and didn't have to cook it at all.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: Oh.

NATALIE PORTMAN: So I'm curious.

ANGELA HARTNETT: Well, we cook it, it's a bit like we cook cous cous, you know, 'cause it's like a larger version of cous cous, and we just do it in water, let it sit for ten minutes.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: Mm.

ANGELA HARTNETT: And then in this recipe, because it's got the orange juice, the allspice, the chilli, that then adds to it while it cooks for the other ten minutes, and then it soaks in all those flavours.

NATALIE PORTMAN: Mmm.

ANGELA HARTNETT: So I do think-

NATALIE PORTMAN: It's so good.

ANGELA HARTNETT: -I mean if it was just lemon juice, it's gonna be really acid.

NATALIE PORTMAN: Mm-hm.

ANGELA HARTNETT: But then if they're using it in loads of other things, I suppose they'll temper it down.

NATALIE PORTMAN: So you, you just put the boiling water on, but don't put it over heat.

ANGELA HARTNETT: No, no heat. Just the boiling water on it, let it sit for ten minutes, then add-

NICK GRIMSHAW: And that's it.

ANGELA HARTNETT: -you know, our, our rest of our ingredients for the seasoning.

NATALIE PORTMAN: Oh, that's right.

ANGELA HARTNETT: And then let it sit for another ten minutes.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: And then chargrilled the asparagus, chargrilled the broccoli with a touch of sesame oil, and then mix it all together.

NATALIE PORTMAN: I love it.

NICK GRIMSHAW: That's tasty.

ANGELA HARTNETT: Yeah. Tasty.

NICK GRIMSHAW: That's good.

ANGELA HARTNETT: Happy.

NATALIE PORTMAN: Thank you.

NICK GRIMSHAW: I feel like I love a nut in a salad.

ANGELA HARTNETT: I think the nut has made the dish-

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: Mm-hm.

ANGELA HARTNETT: -don't you agree, Natalie?

NICK GRIMSHAW: Don't you think?

[crew laugh]

ANGELA HARTNETT: I think that nut-

NICK GRIMSHAW: I think the way it was tossed on.

NATALIE PORTMAN: Everyone loves nuts.

NICK GRIMSHAW: Yeah, right?

ANGELA HARTNETT: Loves nuts, yeah.

NATALIE PORTMAN: Unless you're allergic.

NICK GRIMSHAW: Yeah, then no. Not fun.

NATALIE PORTMAN: Then you don't.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: No, not fun at all.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And when we got your brief through of what you'd like and dislike, we have- we've done fruit in salads, but I love this sentence because this is, this is music to our ears, and especially to Angela's. It started with the sentence, 'Natalie loves to eat.'

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I really hope you wrote this email.

[laughter]

NICK GRIMSHAW: 'Natalie, Natalie loves to eat.'

NATALIE PORTMAN: I do refer to myself in the third person.

NICK GRIMSHAW: [laughing] Yeah. It's good to do.

NATALIE PORTMAN: Mainly.

ANGELA HARTNETT: That's what we-

NICK GRIMSHAW: And it said you love tacos, pasta, Middle Eastern food. You love to go out and try new vegan dishes.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: This is correct.

NICK GRIMSHAW: And I was saying before Ange came on, 'cause I've got, one of my friends is vegan and she used to go to France a lot with her family and I was like, 'I love French food,' and she's like, 'French food's terrible,' and I was like, 'What?' And then I was like, maybe for a vegan in the nineties it might have been. How is vegan life now in Paris? I imagine you have more choices.

NATALIE PORTMAN: Yes.

NICK GRIMSHAW: Yes?

NATALIE PORTMAN: I would say I mainly go for like non-French food in Paris.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Right, mm-hm.

NATALIE PORTMAN: Like, a French restaurant is still challenging. I mean, a lot of the kind of newer, younger chefs are doing more vegetable forward dishes, and obviously there's like, some leaders in that field like Alain Passard, who really like paved the way for vegetable forward French cuisine.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: But really my day to day if I go out is like getting Moroccan food, or Lebanese food, or Thai food, or Indian food, you know, there's just kind of more options for me in non-French restaurants.

ANGELA HARTNETT: Yeah 'cause a local French brasserie, for what it is, it's, it's a lot of meat, it's a lot of butter, it's cheese, it's all that sort of thing.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: Yeah, for me it ends up being haricots vert and-

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: -frites, you know? *[laughs]*

ANGELA HARTNETT: Exactly. And they probably offer you cheese, and you're like, no-

NATALIE PORTMAN: Yeah.

ANGELA HARTNETT: -I'm vegan.

NICK GRIMSHAW: I'm vegan, thank you.

NATALIE PORTMAN: Well, for years, but when I was vegetarian, before I was vegan, when I would go to France I would get French onion soup. And then I was like, oh-

ANGELA HARTNETT: Yeah, yeah, yeah.

NATALIE PORTMAN: -what a delicious vegetarian option.

ANGELA HARTNETT: *[laughs]*

NATALIE PORTMAN: And then someone broke the news to me that it's-

ANGELA HARTNETT: Oh God.

NATALIE PORTMAN: -beef stock, yeah.

[laughter]

NATALIE PORTMAN: And I was like, guess I got some extra protein for a while.

NICK GRIMSHAW: Yeah, you're like, wow, this is a tasty onion.

NATALIE PORTMAN: Yeah.

ANGELA HARTNETT: Yeah, this is delicious! That's true though, Passard though, he did, 'cause he was like, at least twenty, twenty-five years ago.

NATALIE PORTMAN: Yeah.

ANGELA HARTNETT: He, he went all vegan, he was three-star Michelin in Paris and just revolutionised. He had these farms just outside of Paris where he grew everything. And I remember there, going there one year and I just had a plate, and it was a tomato salad, he called it.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And there was just twenty varieties of tomato, salad-

NICK GRIMSHAW: Oh fantastic.

ANGELA HARTNETT: -olive oil, balsamic, different onions. Not one-

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Anything else on the plate except, and it was amazing.

NATALIE PORTMAN: Beautiful.

ANGELA HARTNETT: How many, but it's three star, you can't be doing that as a snack.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: It's, it's not your go to every day.

NATALIE PORTMAN: Right.

ANGELA HARTNETT: You need options. I get it.

NATALIE PORTMAN: But it is beautiful food.

NICK GRIMSHAW: Oh yeah. Have you been to Plates in London?

NATALIE PORTMAN: I have.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Have you?

NATALIE PORTMAN: It is so delicious.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: 'Cause that's the first UK...the first star-

NATALIE PORTMAN: Michelin star.

NICK GRIMSHAW: -Michelin vegan, yeah.

NATALIE PORTMAN: It is so delicious.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: And I also went to Gauthier here, which is-

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: Oh, yeah.

NATALIE PORTMAN: -delicious.

NICK GRIMSHAW: Uh-huh.

NATALIE PORTMAN: Vegan, like haute cuisine.

ANGELA HARTNETT: Mm.

NATALIE PORTMAN: It's really-

NICK GRIMSHAW: So do you like searching out the great vegan spots and like finding the newest?

NATALIE PORTMAN: Yes. I mean, usually the thing that I have to say that's incredible about Plates and Gauthier is that they're both really delicious, like filling, satisfying vegan food.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: Usually I find better vegan food at like a non-vegan restaurant that has vegan dishes.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Sure.

NATALIE PORTMAN: And oftentimes vegan restaurants can be sort of, I don't know, too, like crunchy or like, you know?

NICK GRIMSHAW: *[laughs]*

NATALIE PORTMAN: Like they don't, I mean, both of those places have like very rich, like filling delicious food, you know, which is a delight, 'cause...

NICK GRIMSHAW: Yeah. Have you been to Plates?

ANGELA HARTNETT: I haven't, but I know Kirk, he's brilliant. I think he partly came about because he had allergies himself.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: And I think he was struggling to eat protein and stuff.

NATALIE PORTMAN: Wow.

ANGELA HARTNETT: And he's just come up with this amazing menu, and his dad's a chef, and he's just brilliant. And very humble, Kirk, you know, you just, when you ask him say, 'You're doing so well!' he is, 'Yeah, yeah...'

NICK GRIMSHAW: 'Yeah, yeah...'

ANGELA HARTNETT: But he, he's brilliant and, oh I'm so pleased you've gone.

NATALIE PORTMAN: The food's delicious.

ANGELA HARTNETT: He's good.

NATALIE PORTMAN: And it's a beautiful space too.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yeah, good spot.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: We went past it the other day, me and my boyfriend, and we were like, 'Maybe we'll get a table?'

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And they were like [*laughs*]

ANGELA HARTNETT: [*laughs*] 'Come back in three months, mate.' Not a chance.

NICK GRIMSHAW: [*laughing*] Not this month. I was like, 'See you later.' They were nice.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But they were hysterical.

ANGELA HARTNETT: No chance [*laughs*]

NICK GRIMSHAW: At the idea of me, of me just walking in, they were like, [*laughs*] 'Yeah, no.'

ANGELA HARTNETT: Good on you.

NICK GRIMSHAW: 'No, it's not gonna happen. It's not gonna happen.'

[*drink pouring sounds*]

NICK GRIMSHAW: Oh, should I get the wine? Do you want a glass of wine?

NATALIE PORTMAN: No, thanks.

NICK GRIMSHAW: Ange?

NATALIE PORTMAN: [*laughs*]

ANGELA HARTNETT: No, I'm good thank you.

NATALIE PORTMAN: I feel like that would be pushing my luck.

[*laughter*]

NATALIE PORTMAN: It's like 2pm-

NICK GRIMSHAW: Natalie Portman's been arrested on the Eurostar!

NATALIE PORTMAN: -cocktail and wine [*laughing*]

NICK GRIMSHAW: There's a wine pairing with this, Ange.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I believe. Which is, I mean, you take that pronunciation, please.

ANGELA HARTNETT: Ooh. Kasdicht, Granite Ridge. (Kaapzicht)

[*laughter*]

ANGELA HARTNETT: Bush vine Chenin Blanc.

NICK GRIMSHAW: Oh yeah, beautiful. Lovely.

ANGELA HARTNETT: Let's go it's a bush vine Chenin Blanc.

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: Where's it from?

ANGELA HARTNETT: South Africa.

NICK GRIMSHAW: South Africa.

NATALIE PORTMAN: So it's a South African Chenin Blanc.

ANGELA HARTNETT: Ohh.

NICK GRIMSHAW: Yeah, there we go.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: Natalie. Award-winning actress.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Sommelier.

ANGELA HARTNETT: Oscar winner. Yeah.

NICK GRIMSHAW: Who does it all.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: She does it all. If you wanna try this recipe, any of the recipes we do, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes). All the ingredients are on there. How to do it on there. The wine pairing is on there as well. You can try this at home whenever you like. The wine is vegan appropriate wine as well. Why would it not be? Bees?

NATALIE PORTMAN: Sometimes they use, like, egg whites-

NICK GRIMSHAW: Oh, yes. Distil and-

NATALIE PORTMAN: -to make the sediments drop, or shrimp shells or something, like they, that's why sometimes people with shellfish allergies get allergic to wines.

NICK GRIMSHAW: Oh, okay.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Vegan approved.

ANGELA HARTNETT: There we go.

NICK GRIMSHAW: Yeah, there you go, for the train. Straw on the train.

[laughter]

NATALIE PORTMAN: I'll just be like...

NICK GRIMSHAW: Wey!

NATALIE PORTMAN: -straight from the bottle.

[dinner table sounds]

NICK GRIMSHAW: I wanted to ask you about your own cooking skills and how you love to cook, if the tables were to be turned and we are round at yours, what is like a, a Natalie Classic? Something that-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You love to do.

NATALIE PORTMAN: I love cooking.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: I'm not like super skilled, like technically? But I am, I feel like I'm a good, like, intuitive cook.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: Um, I, I have been making green curry often recently.

NICK GRIMSHAW: Mm-hm. Yeah, it's yum.

NATALIE PORTMAN: I love a veg green curry.

ANGELA HARTNETT: Mm.

NATALIE PORTMAN: I do a lot of Middle Eastern stuff too. I definitely go heavy on tahini.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: Veggies, salads.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: 'Cause Paris do, my husband just thinks I'm nuts, but every time we go to Paris, we'll always end up in a market and I'll always buy stuff to bring back.

NATALIE PORTMAN: The markets are so enjoyable too. It's really so different than being in the US, like it's just a pleasure to go. And also people shop so much differently.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: Like we go with a huge cart in the US and fill it up, and I still do that [*laughing*] because I'm so American. But, the French really only buy things for like the next meal.

ANGELA HARTNETT: Daily shopping, like the Italians, exactly what they do, yeah.

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: And you really, you're like, oh, they're buying like three items.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: And also they have very tiny fridges.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: A lot of things they don't even put in the fridge, because when you're buying stuff that you're just going to use, you don't even-

ANGELA HARTNETT: Yeah. Don't need to, yeah.

NATALIE PORTMAN: You just leave it out and, yeah it's, it's a real different food culture.

ANGELA HARTNETT: That's my theory, why all these older women in Italy are still so thin and fit, is 'cause every day- like my grandmother, every day she'd go out and shop.

NATALIE PORTMAN: Mm-hm.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And they wouldn't drive.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: They would just go shopping with their little cart. Mm-hm.

ANGELA HARTNETT: Or they'd hold it, and, and so you are constantly doing exercise and as you say, they're only buying-

NATALIE PORTMAN: Yes.

ANGELA HARTNETT: -for the day, so they're buying stuff that's in season, bang on.

NATALIE PORTMAN: Yes. I have a similar theory about the French with the bread.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: Because the bread, it's like such a big part of life, and the bread's so amazing, and you eat so much bread.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: But people are not overweight.

ANGELA HARTNETT: No.

NATALIE PORTMAN: And in the US everyone's like, no carbs, no carbs, no carbs.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: And I think it's because of, again, freshness. You buy your bread right before you get it, so they're not putting preservatives in it.

ANGELA HARTNETT: Yeah, exactly.

NATALIE PORTMAN: And I think that that must be such a big difference.

ANGELA HARTNETT: And then there's that brilliant law in France that they have, a baguette can only cost, I think it's a euro or two euros now.

NICK GRIMSHAW: I love that.

ANGELA HARTNETT: Because then no one-

NICK GRIMSHAW: Isn't there a few foods?

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: That's a dream.

NICK GRIMSHAW: That, that- I love that.

ANGELA HARTNETT: -the poor- so everyone can afford a loaf of bread.

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: Mm-hm.

ANGELA HARTNETT: I think that's brilliant.

NICK GRIMSHAW: I think there's like bread, chocolate-

ANGELA HARTNETT: Is it chocolate as well?

NICK GRIMSHAW: -wine. It's on a few things. Cheese maybe?

NATALIE PORTMAN: Really?

NICK GRIMSHAW: Where it's like, it's for everyone. I love-

ANGELA HARTNETT: Sounds like my diet.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Wine, cheese, chocolate.

NATALIE PORTMAN: Mm-hm.

NICK GRIMSHAW: You're like-

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: -you're like, hang on...

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: That's my handbag.

[*laughs*]

[*cutlery sounds*]

NICK GRIMSHAW: Hey, let's talk about your latest offering to the world, which is Fountain of Youth.

ANGELA HARTNETT: Mm.

NATALIE PORTMAN: Yes.

NICK GRIMSHAW: Which you can see a week on Friday on Apple TV+. Tell us how this came to you. How do projects come to you? How do you decide to say yes?

NATALIE PORTMAN: I'm always looking for something to watch with my kids, and it's so rare to have something that's a movie that adults and kids equally can be entertained by, and we got to go to all these amazing places.

NICK GRIMSHAW: Yes.

NATALIE PORTMAN: We were in Cairo, we were in Vienna, and it's really kind of that action adventure genre that we don't very often anymore, to see or to act in, so it was just the most incredible opportunity. And with Guy Ritchie directing.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

NATALIE PORTMAN: And John Krasinski co-starring. So it was kind of an ideal package.

NICK GRIMSHAW: Yeah. Dream day. It did remind me of films we used to have.

NATALIE PORTMAN: Yes.

NICK GRIMSHAW: Do you know what I mean? Like that sense of adventure, like a lot of running, lot of locations.

NATALIE PORTMAN: Mm-hm.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It feels like a, a proper movie sort of event to see-

NATALIE PORTMAN: Yes.

NICK GRIMSHAW: -for sure. Yes. How was it going to all of those places? Is there any time off to go for a beautiful Lebanese meal in Cairo?

NATALIE PORTMAN: Yes.

NICK GRIMSHAW: Or is it like work, work, work?

NATALIE PORTMAN: It was surreal to be in all of these places.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: It was my first time in Cairo. It was my first time in Vienna.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: And yes, we had a lot of time off, and I actually did go to a great Lebanese meal, which I'm so s-

NICK GRIMSHAW: What?

NATALIE PORTMAN: -in Cairo. Which I'm surprised you said 'cause you'd think Egyptian.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: But. It was, we actually went to a Lebanese restaurant there one night that was delicious. And I did try the Egyptian national dish, which is vegan, which is, I forget what it's called, but it's like pasta, and rice, and chickpeas, like altogether?

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Oh yum.

ANGELA HARTNETT: Don't know that.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Okay.

NATALIE PORTMAN: Very... with like, I think it has like fried onions on top, it was very...

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Ooh yeah.

NATALIE PORTMAN: But it is a vegan national dish. And Vienna was so gorgeous-

ANGELA HARTNETT: Yeah, I bet.

NATALIE PORTMAN: -and also very delicious. And yeah, I got to do some tourism on my time off.

ANGELA HARTNETT: Mmm.

NATALIE PORTMAN: Crawled through a pyramid to get to a lower chamber.

ANGELA HARTNETT: Oh fab.

NICK GRIMSHAW: How was that?

NATALIE PORTMAN: It was wild.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

NATALIE PORTMAN: And went to see all the incredible art in-

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: -Vienna and listen to Mozart concert.

ANGELA & NICK: Mm.

NATALIE PORTMAN: In the hometown, it was really, really special.

NICK GRIMSHAW: Oh wow. And have you, do you always do that when you are away filming or you are away travelling? Will you make a point of, you know, embedding yourself in the culture and going to see things?

NATALIE PORTMAN: Yeah, I've been lucky enough to work here a lot, so I've gotten a lot of time in London to check out the culture here and, and yeah, when you go to places, it is really, it's a lucky part of the job that you get to travel-

ANGELA HARTNETT: So were your children on the set with you on this one or?

NATALIE PORTMAN: My kids came sometimes, yeah.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: Aw, that's nice.

NATALIE PORTMAN: They didn't come, they didn't come to like, Cairo and Vienna.

ANGELA HARTNETT: Yeah, sure.

NATALIE PORTMAN: But they came to London.

ANGELA HARTNETT: Yeah, perfect.

NATALIE PORTMAN: They were very impressed because there was a toastie truck.

ANGELA HARTNETT: Oh, nice.

NATALIE PORTMAN: They were very happy.

[laughter]

NICK GRIMSHAW: Oh yeah. They were like-

NATALIE PORTMAN: They got a lot of toasties.

ANGELA HARTNETT: Forget what you're doing.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Falling from planes—

NICK GRIMSHAW: Yeah, 'Whatever Mum.'

ANGELA HARTNETT: -you know.

NICK GRIMSHAW: I want a toastie.

NATALIE PORTMAN: I mean, they literally, when I ask them to come visit me at work now they go, is there a toastie truck?

[laughter]

NATALIE PORTMAN: I'm like, sorry...

ANGELA HARTNETT: 'But I'm doing this movie!' 'Yeah, whatever.'

NICK GRIMSHAW: Sorry, no... we could- if only we'd have known today, we could've got Ange on the old Breville.

ANGELA HARTNETT: Yeah, made her a toastie instead, yeah.

[laughter]

NICK GRIMSHAW: Could have done you a toastie.

NATALIE PORTMAN: They were doing vegan ones too.

ANGELA HARTNETT: Oh, nice.

NICK GRIMSHAW: And then how is going to work with John and Guy, as well? Because they seem like great guys.

NATALIE PORTMAN: They are incredible. And actually, Guy is quite a gourmand.

ANGELA HARTNETT: He is, yeah.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: He's very into like grilling.

ANGELA HARTNETT: Mm-hm.

NICK GRIMSHAW: Yeah, have you seen his tables?

NATALIE PORTMAN: Yeah. So he has like designed his own grills or barbecues or whatever, and he has one in the back of his trailer, and there's someone just making meat all day long, which-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Oh.

NATALIE PORTMAN: -is, they were very generous to me and they'd like, you know, throw some veg up there too.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: So that I could partake. It just always smelled good and it was always just like very, familial.

ANGELA HARTNETT: That sort of feels like a Guy Richie sort of film set that you'd imagine, like big grills and like...

NICK GRIMSHAW: But I like that. It makes me feel like-

ANGELA HARTNETT: I think it's brilliant, though

NICK GRIMSHAW: It's a nice vibe, a nice vibe, like with home cooking.

NATALIE PORTMAN: He knows how to create a vibe.

ANGELA & NICK: Yeah.

NATALIE PORTMAN: Everything's very beautifully designed.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: We're all dressed super like, chic and yeah, it, it was a really fun environment. Yeah, and John is super lovely and funny and, we just like laughed all day long and had the best time.

ANGELA HARTNETT: It feels like that movie that you'll watch again and again. And I think Guy is really great at what making those sort of movies.

NICK GRIMSHAW: That's true.

NATALIE PORTMAN: Yeah.

ANGELA HARTNETT: You know, like *The Gentlemen*, I've probably seen about ten times.

NATALIE PORTMAN: Yes.

ANGELA HARTNETT: I love it for the one-liners.

NATALIE PORTMAN: Yes.

ANGELA HARTNETT: And I think you and John have a bit of that in the movie—

NATALIE PORTMAN: Thanks.

ANGELA HARTNETT:—that sort of brother sister relationship.

NATALIE PORTMAN: It was fun, I mean, I, I'm an only child, so I kind of dreamed my whole life-

ANGELA HARTNETT: Yeah, of course.

NATALIE PORTMAN: -of what it would be like to have, you know, a sibling or particularly a brother. And so I kind of had a lifetime of, of-

ANGELA HARTNETT: I bet.

NATALIE PORTMAN: -that imagination to bring to the role.

NICK GRIMSHAW: And then does it affect you differently- this might be a stupid question, but when you're making a fun film as opposed to doing something heavy like a, like a *Black Swan*, when you go home at the end of each day, is your life easier when you're making a fun action packed film? I mean, not that it's easy, there's a-

NATALIE PORTMAN: Yeah.

NICK GRIMSHAW: -a lot of physical things going on, but does it affect you differently, I guess? Can you like depart from work I guess when you get home easier?

NATALIE PORTMAN: Absolutely. Absolutely. It's definitely a lighter lift.

ANGELA HARTNETT: Mm,

NICK GRIMSHAW: Yeah, I bet. 'Cause when you've got something tough to do, I imagine like embodying a tough character for time is, hard day.

NATALIE PORTMAN: It was a very joyful-

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: -job.

ANGELA HARTNETT: But also, as you said there, there was co- you know, you and John were working together, whereas something like Black Swan, it's all on you.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: It's true.

ANGELA HARTNETT: When you played Jackie Kennedy, it's all on you, you are carrying the whole film.

NATALIE PORTMAN: It's true, this is a real ensemble and there's other incredible actors as well. There's Eiza Gonzalez and Dohmnall Gleeson, and. Carmen Ejogo, there's, there's Arian Moayed-

NICK GRIMSHAW: Stanley.

ANGELA HARTNETT: Stanley, our friend Stanley.

NATALIE PORTMAN: Yes. Stanley Tucci. Yes, absolutely. So there's, it's an incredible group.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Oh good. We actually, when we were looking into the life and times of Natalie Portman.

[laughter]

NICK GRIMSHAW: One, one thing that stood out was just how-

ANGELA HARTNETT: Yeah, please.

NICK GRIMSHAW: Oh yeah, please have some more.

NATALIE PORTMAN: I'm having some more. I'm keeping with my reputation of...

ANGELA HARTNETT: We love that.

NICK GRIMSHAW: 'Natalie likes to eat. Natalie likes to eat.'

NATALIE PORTMAN: But you'll tell me, even though we don't know each other that well, you'll tell me if I have like, a big piece of parsley in my teeth?

ANGELA HARTNETT: Yeah, of course we will.

NICK GRIMSHAW: Oh, a hundred percent, yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: A hundred percent, yeah, you've got, you've gotta tell people.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: Please.

ANGELA HARTNETT: No, we're, we're beyond that. We're friends now.

NATALIE PORTMAN: Great.

NICK GRIMSHAW: We'll let you know, we'll let you know.

NATALIE PORTMAN: Thank you.

NICK GRIMSHAW: But yeah, when we were doing our research, one thing that that stood out was how sort of regarded you are by your, your fellow actors, you know?

NATALIE PORTMAN: Thanks.

NICK GRIMSHAW: Yeah, it was really nice. There was a lovely quote we found from Greta Gerwig about your laugh.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: And also, John Krasinski said, “I don't know if we have a better calibre actor in the world than Natalie.”

NATALIE PORTMAN: Aw.

NICK GRIMSHAW: Holy s***.

NATALIE PORTMAN: That's very kind.

NICK GRIMSHAW: That's good.

[*applause*]

NICK GRIMSHAW: Come on John. Come on John.

NATALIE PORTMAN: That's nice.

NICK GRIMSHAW: But there is always like nice comments about you, nice vibes about you.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Do you see yourself as like a, as a role model for others?

[*laughter*]

NICK GRIMSHAW: Do you, do you like to actively encourage nice vibes on set?

NATALIE PORTMAN: Oh, God forbid.

NICK GRIMSHAW: Like, you know...

NATALIE PORTMAN: Um, yes, nice vibes. I think-

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: -yeah. The way you treat people is the most important part of life [*laughs*] in general. And like it really is... also, I mean, the experience and the relationships you can make are what really you hold onto afterwards.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: It's like, sure the finished product is important, but like, how you get there is really what sticks with you forever, and, I am so grateful to have worked with like people I love, and have experiences that I love and, there is nothing more rewarding too than, I think it's like the most beautiful thing people can do to like cooperate together, create together.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: I mean, I'm sure you do it with cooking as well, that like, when people can work together and make something together, and treat each other kindly while they're doing it, it's just feels like the magic of like, when an orchestra plays together-

ANGELA HARTNETT: Yeah, yeah, course.

NATALIE PORTMAN: -and it's just gorgeous music or something, you know?

NICK GRIMSHAW: And then do you watch a lot of stuff when you are not filming?

NATALIE PORTMAN: Mm-hm.

NICK GRIMSHAW: Do you like to be across everything that's out, and all the Oscar movies and what everyone's watching on telly?

NATALIE PORTMAN: I watch a lot of, I really like cooking competitions.

ANGELA HARTNETT: Do you?

NICK GRIMSHAW: Oh yeah?

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: What do you like?

ANGELA HARTNETT: What's your favourite at the moment?

NATALIE PORTMAN: Well, I, I am a Top Chef diehard.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Top Chef, yeah, always good.

NATALIE PORTMAN: Love Top Chef. But I also recently discovered these Korean cooking competitions on Netflix. Have you been watching?

ANGELA HARTNETT: Luke, my friend watches it. He absolutely loves it.

NICK GRIMSHAW: What is it?

ANGELA HARTNETT: He, we are going to South Korea as a result of it. You wanna come?

NATALIE PORTMAN: I wanna go!

ANGELA HARTNETT: Come with us, Natalie.

NATALIE PORTMAN: Oh please!

ANGELA HARTNETT: We're doing Japan and South Korea, because-

NATALIE PORTMAN: I've never been.

ANGELA HARTNETT: -Luke is-

NATALIE PORTMAN: Have you been?

ANGELA HARTNETT: -obsessed by it? No, I've not been, neither of us have been-

NICK GRIMSHAW: What's the show?

ANGELA HARTNETT: -to Korea. It's nuts.

NATALIE PORTMAN: So there's a show called Culinary Class Wars.

ANGELA HARTNETT: It's crazy.

NATALIE PORTMAN: In Korea. Then there's also a spinoff called Chef Vs Fridge, which is also great.

NICK GRIMSHAW: Chef Vs Fridge?

ANGELA HARTNETT: Fridge, yeah.

NATALIE PORTMAN: They're so-

NICK GRIMSHAW: Love.

NATALIE PORTMAN: -wild. Like it's really like next level. It's like, it's next level.

ANGELA HARTNETT: But they get something like a, a three-star Japanese Michelin star chef.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Compete against a woman who's seventy, who cooks from a shack.

NATALIE PORTMAN: Mm-hm.

ANGELA HARTNETT: In Korea.

NATALIE PORTMAN: Mm-hm.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: And you know, South K- and she will come up with this amazing dish that even these chefs are going, 'Oh my God, we can't beat it, we can't,' you know.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Because she blows them away.

NATALIE PORTMAN: Yeah.

ANGELA HARTNETT: And that's the great thing, 'cause you just imagine this guy, or who else, and then some underdog comes through.

NICK GRIMSHAW: Oh.

NATALIE PORTMAN: It's really cool.

ANGELA HARTNETT: And then also it's really also ingredients that I look at and I think, what the hell would you do with that? I don't recognise that ingredient.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: So yeah.

NICK GRIMSHAW: Let's wrap this up and watch it right now!

NATALIE PORTMAN: It's really, it's really good, it's really good.

NICK GRIMSHAW: Come on!

[salt grinder sounds]

NATALIE PORTMAN: I'm the only one eating.

ANGELA HARTNETT: No, no-

NICK GRIMSHAW: No.

ANGELA HARTNETT: We'll eat, we'll eat.

NICK GRIMSHAW: Okay, so, I'm gonna eat, you're gonna answer. Deal? Okay, here we go. Natalie, it is time for your fast food quiz.

NATALIE PORTMAN: Okay.

NICK GRIMSHAW: The vegan edition.

NATALIE PORTMAN: This is so fun.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: It's, it's egg-less. Okay, so, here we go. What is your favourite sandwich filling?

NATALIE PORTMAN: Does a falafel count as a sandwich?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Big time.

NATALIE PORTMAN: Okay, like-

NICK GRIMSHAW: Yeah, like a falafel wrap?

NATALIE PORTMAN: Like very good falafel.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: Like, very-

NICK GRIMSHAW: What's the falafel place in Paris that's famous?

NATALIE PORTMAN: L'As du Fallafel.

NICK GRIMSHAW: Ooh. That is...

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: Is just-

ANGELA HARTNETT: Very good.

NATALIE PORTMAN: -the greatest.

ANGELA HARTNETT: What's your favourite form of potato?

NATALIE PORTMAN: French fry [*laughs*]

ANGELA HARTNETT: Oh, french fry, love that.

NICK GRIMSHAW: Do you have a favourite herb?

NATALIE PORTMAN: Dill.

ANGELA HARTNETT: Okay. Ingredient in a salad?

NATALIE PORTMAN: Fennel?

ANGELA HARTNETT: Oh, nice choice.

NATALIE PORTMAN: [*laughs*]

NICK GRIMSHAW: What is your fa-

NATALIE PORTMAN: Thank you.

[*laughter*]

NICK GRIMSHAW: Congratulations, Natalie.

ANGELA HARTNETT: I love a fennel.

NICK GRIMSHAW: Yeah. That's, that's a good from a chef, nod.

ANGELA HARTNETT: Yeah, fennel.

NICK GRIMSHAW: The chef nod of approval.

NATALIE PORTMAN: I'm so proud.

NICK GRIMSHAW: Yeah.

[laughter]

NICK GRIMSHAW: Do you have favourite chocolate, Natalie Portman.

NATALIE PORTMAN: No.

NICK GRIMSHAW: No, oh no.

NATALIE PORTMAN: I'm a candy, I'm a candy person.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Oh right.

NICK GRIMSHAW: What would you go for?

NATALIE PORTMAN: Sour Patch Kids.

NICK GRIMSHAW: Oh yeah.

NATALIE PORTMAN: I love a Sour Patch Kid.

NICK GRIMSHAW: Yeah.

NATALIE PORTMAN: You don't have them here, right?

NICK GRIMSHAW: No, but I do love a sour.

NATALIE PORTMAN: I mean, you can get it like at an American store.

NICK GRIMSHAW: Yeah, yeah, yeah.

NATALIE PORTMAN: But yeah. And they're vegan.

NICK GRIMSHAW: What is your favourite way to eat tofu? What's the best way to do it?

NATALIE PORTMAN: Mmm. My mom does a very good, like baked tofu that has a lot of spice on it.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: Like cumin, turmeric, garlic.

NICK GRIMSHAW: Your mum's.

NATALIE PORTMAN: My mom's.

NICK GRIMSHAW: Good answer.

ANGELA HARTNETT: And finally, a dish from your childhood.

NATALIE PORTMAN: I'd have to say, like the chopped, like Middle Eastern salad.

ANGELA HARTNETT: Yeah.

NATALIE PORTMAN: We had it for breakfast, lunch, dinner, like my mom is just constantly making that salad.

ANGELA HARTNETT: Yeah, yeah, yeah.

NATALIE PORTMAN: *[laughs]*

NICK GRIMSHAW: Just chopping.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Through all the eighties, chopping.

ANGELA HARTNETT: So it's onion, cucumber, tomato...

NATALIE PORTMAN: It's not-

ANGELA HARTNETT: No?

NATALIE PORTMAN: Usually just cucumber and tomato.

ANGELA HARTNETT: Okay.

NATALIE PORTMAN: And-

NICK GRIMSHAW: Parsley?

NATALIE PORTMAN: Sometimes parsley, but often just cucumber and tomato with like lemon, olive oil, salt.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

NATALIE PORTMAN: And it's just like all we eat, all the time.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

[*theme music*]

NICK GRIMSHAW: Well let's do our end of show question, Natalie, for your chance to win the goodie bag.

NATALIE PORTMAN: Do you already know what this?

NICK GRIMSHAW: No-

ANGELA HARTNETT: No, no we don't.

NICK GRIMSHAW: -'cause we, the team actually write this.

NATALIE PORTMAN: Okay.

ANGELA HARTNETT: The team write it.

NICK GRIMSHAW: Sometimes it's great.

NATALIE PORTMAN: I'm scared.

ANGELA HARTNETT: Oh!

[laughter]

NICK GRIMSHAW: But sometimes it's not...

NATALIE PORTMAN: 'Hi Natalie,'

NICK GRIMSHAW: Okay.

NATALIE PORTMAN: 'Thank you for coming on Dish. We loved having you here.' Thanks guys. To win the Waitrose goodie bag, all you need to do is answer the following question. A vegan burrito wrap or an SNL rap, which is more satisfying?'

NICK GRIMSHAW: Oh, yes.

NATALIE PORTMAN: An SNL rap.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Oh, yes.

NATALIE PORTMAN: Yeah!

[applause]

NICK GRIMSHAW: Yeah, correct answer the goodie bag is yours.

NATALIE PORTMAN: Thank you.

ANGELA HARTNETT: Yay.

NICK GRIMSHAW: You can see Fountain of Youth on Apple TV+ from the 23rd of May. Round of applause for the brilliant Natalie Portman.

NATALIE PORTMAN: Thank you.

NICK GRIMSHAW: Thank you, Natalie.

[applause]

ANGELA HARTNETT: Woo!

NICK GRIMSHAW: Thank you so much.

NATALIE PORTMAN: Thank you.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: That was fab.

NICK GRIMSHAW: Next week on Dish, we welcome CMAT.

CMAT: I go through so much butter.

ANGELA HARTNETT: And that's in your cooking, or put it on stuff?

CMAT: Cooking, on stuff.

ANGELA HARTNETT: Yep.

CMAT: I've eaten a lot of gluten free hot cross buns these days.

ANGELA HARTNETT: Right, yeah.

CMAT: Also gluten free crumpet.

ANGELA HARTNETT: Yeah, nice. Crumpet is the best cos it soaks through.

NICK GRIMSHAW: A crumpet needs butter, or it's just not nice without that.

ANGELA HARTNETT: No.

CMAT: My guitarist Jack has a very rude expression. He's like "Yeah-", he's from the Isle of Man "Yeah, you gotta let the crumpet piss itself." *[laughs]*

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: *[laughs]* You do!

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](https://www.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

ANGELA HARTNETT: Dish from Waitrose is a Cold Glass Production.

VOICEOVER: Waitrose, food to feel good about.