

Favourite Musician: Plan B

Favourite Quote: Never compare yourself to anyone else. It is the most destructive thing to think others are better than you (even if they are). Concentrate on what you are doing.

Favourite Restaurant: Upstairs restaurant in Brixton and I have to say Canteen, cos one of my best friends owns it.

Best Holiday: Traveling all over India.

Most Embarrasing Moment: A bird did it's business on my head just before an audition and I hadn't realized. Still, it broke the ice at the audition.

Favourite Album: Paolo Nutini, Sunny Side Up

Worst album: Haven't come across any yet, there's probably a song I like on most albums!

Sport: Football

Have a Crush on (Celebrity): Penelope Cruz and Kaya Scoledario.

Magazine: Interview magazine

What people don't know about me: I make a wicked Caribbean / Trinidadian curry, but keep it quiet cos I don't like cooking!

I shop in: Topshop and Hollister

I would like to be for one week: Matt Parkman from Heroes - an amazing character and he's telepathic.

If I was to live anywhere: It would still be London!

Your own quote: Nothing good comes easy

Tell us about your next few projects: I am superstitious so I won't mention the stuff that's still in the pipeline for that reason and partly cos I am not allowed to. I shot a film recently called Dreamcatcher. playing an insomniac who is unable to distinguish between dreams and reality. One that I can mention is Grasshopping (www.grasshopping.co.uk) which we hope to shoot later this year. I play a computer games programmer in an open relationship with my wife - so it's about infidelity and relationships.

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