Recap... And Research

req.body

body-parser module

RECAP: Node.js body parsing middleware.

Parse incoming request bodies in a middleware before your handlers, available under the **req.body** property.

req.body

"Contains key-value pairs of data submitted in the request body.

By default, it is undefined, and is populated when you use body-parsing middleware such as body-parser[...]"

https://expressjs.com/en/api.html#req.body