First, you need to have a mongodb in you computer.
Then open terminal on the page in my video and run:

py> npm run install

To init

Copy> npm run dec:client

The run to open client side and run

/>npm run dev:server

in another terminal(cmd) to start server side.

Then open this page to permit the connection between server and client

React App

Arga https://localhost:1234

Express

Welcome to Express