Write an MVC controller class with two methods. One that returns a view with a collection of objects, and a second that performs an add or update of the same type as the first method.

Please use attribute routing to decorate the methods and should indicate an appropriate method type.

The class used for the collection of objects should include an identifier property, and 2 or 3 other properties, which includes at least 1 string and 1 integer. For example: ID, First Name, Last Name & Age.

This version of the project does not need to include a database for data storage.