<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta http-equiv="X-UA-Compatible" content="IE=edge">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Document</title>

</head>

<body>

    <script>

var request= new XMLHttpRequest();

request.open('GET','https://restCountries.com/v2/all',true);

request.send();

request.onload=function(){

    var data=JSON.parse(request.response);

    console.log(data);

    var  result=data.filter((element)=>{

        return element.region==="Asia";

    })

    console.log(result);

}

    </script>

</body>

</html>